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Lancaster County

Extension

2020

Annual Report: Nebraska Extension in Lancaster County, January 1, 2020 through December 31, 2020

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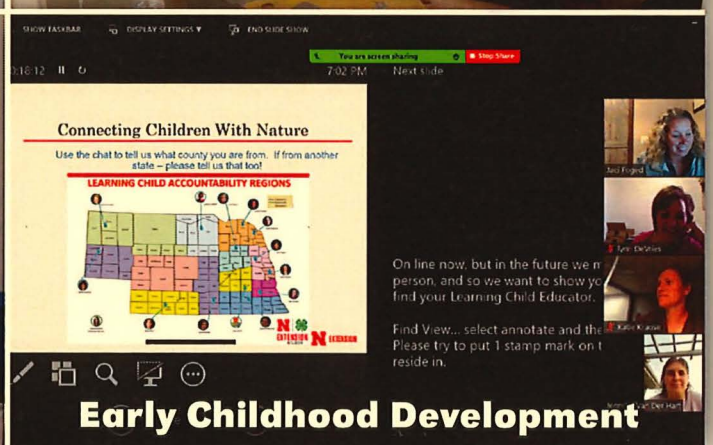
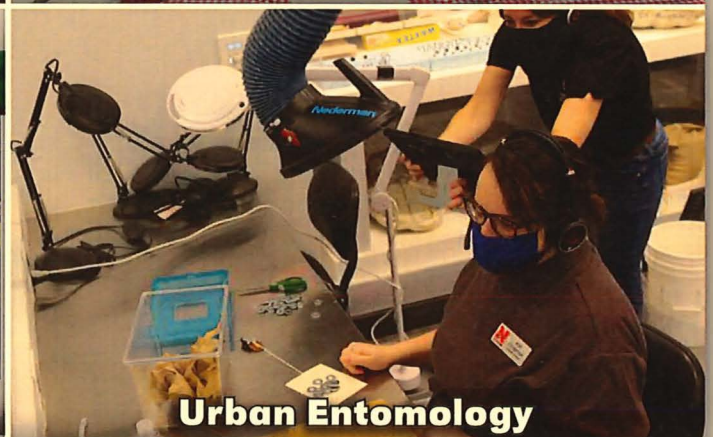
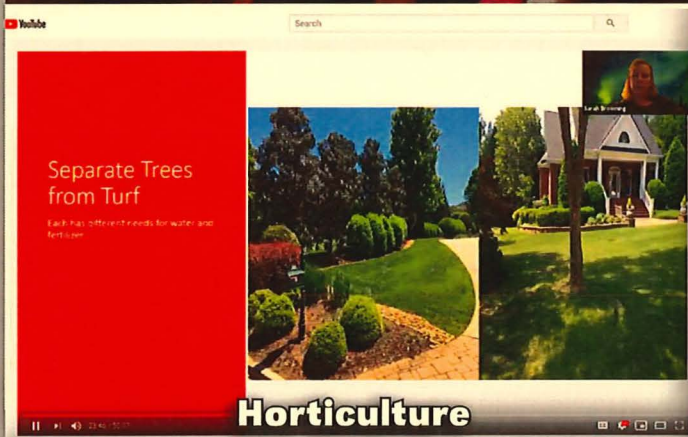
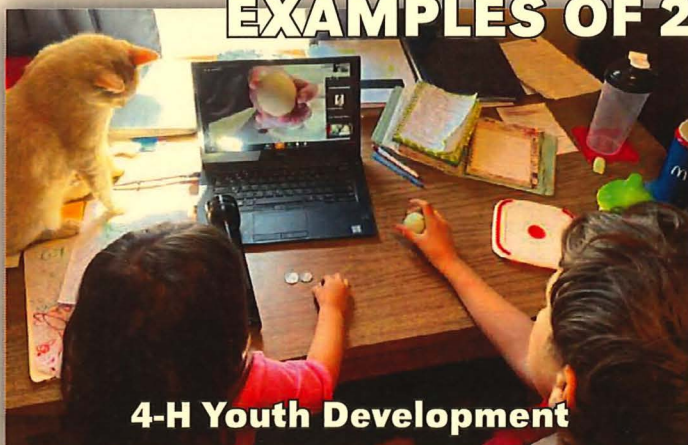
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Nebraska Extension in Lancaster County ANNUAL REPORT

January 1, 2020 through December 31, 2020

EXAMPLES OF 2020 PROGRAMS



January 2021

Rick Vest, Chair
Lancaster County Board of Commissioners
County-City Building
555 South 10th Street, Room 110
Lincoln, Nebraska 68508

Dear Commissioners:

Nebraska Extension is pleased to continue a strong tradition of making a difference in the lives of individuals, families, businesses and communities in Lancaster County! Our programs address issues Nebraskans have identified as important to our State.

Enclosed you will find Lancaster County Extension information from 2020. Contents include:

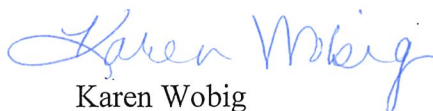
- 1) **About Extension** – Lancaster County Extension mission statement, overview and impact reports;
- 2) **Staff and Programs** – staff directory and Extension Educator annual program summaries;
- 3) **Financials** – summaries of 2019-2020 budget expenditures and current fiscal year 2020-2021 budget; and
- 4) **Media** – website and social media information, samples of our Nepline monthly newsletter and local newspaper articles.

Thank you for continuing to invest in Nebraska Extension as a local collaborative partner. We strive to be great stewards of resources and work hard every day to demonstrate a strong return on your investment. As you know, Extension Educators and Assistants live, work and engage with people in your communities. We look forward to making a difference in the lives of Nebraskans together with you!

Sincerely,



Chris Scow
President
Lancaster County Extension Board



Karen Wobig
Unit Leader/County Department Head
Nebraska Extension in Lancaster County

Enclosures



Nebraska Extension . . . a Local, State and Federal Partnership

Nebraska Extension in Lancaster County represents a federal, state and local partnership.

The University of Nebraska–Lincoln (UNL), through state and federal funds, contributes salary and benefits for extension educators and assistants, and for the Nutrition Education Program. UNL also provides county extension staff with campus-based specialists, ongoing professional development, in-service training, extension materials, publications and overall program support.

Lancaster County provides office and educational facilities, support staff, program staff and materials, and an annual operating budget.

The City of Lincoln supports programming for solid waste educational services.

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Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.



Nebraska Extension in Lancaster County

About Extension



January 1, 2020 through December 31, 2020

Nebraska Extension in Lancaster County

2020

Nebraska Extension in Lancaster County is a partnership between Lancaster County, University of Nebraska–Lincoln, and the U.S. Department of Agriculture. Extension accomplishes UNL's land-grant mission by extending reliable, research-based information in the areas of Community Environment; Food, Nutrition & Health; Cropping & Water Systems; 4-H Youth Development; Learning Child; Beef Systems; and Community Vitality.



The Lancaster Extension Education Center is located at 444 Cherrycreek Road in Lincoln.

Nebraska Extension's mission: Helping Nebraskans enhance their lives through research-based education.

LANCASTER COUNTY EXTENSION BOARD

The Extension Board serves as an advocate for Nebraska Extension in Lancaster County. Members of the board are appointed by the Lancaster County Board of Commissioners. The Extension Board provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities.



Chris Scow
(President)



Jim Pinkerton
(Vice-President)



Dena Noe
(Secretary/
Treasurer)



Jim Ballard



Jodi Freeman
(4-H Council
ex officio member)



Patricia
Heather



Bob Huttes



Trudy Pedley



Meghan Sittler



Angelina
Stovall-Amos



LANCASTER COUNTY 4-H COUNCIL

Lancaster County 4-H Council represents the interests of youth, parents and leaders. 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by staffing a food booth at the Lancaster County Super Fair. These funds help support 4-H programs, activities, and scholarships.



Jodi Freeman
(President and
ex officio
Extension Board
Representative)



Ellie Babcock
(Vice President)



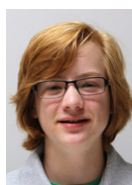
Brenda Nepper
(Treasurer)



Madelyn
Kreifels
(Secretary)



Cathy Babcock



Samuel
Babcock



Mary Ann Gabel



Nathan Gabel



Brandy
Gunnerson



Kylie Hansen



Sara Hansen



Abigail
Kreifels



Sheri K. Ramirez



John Sump



Mitch Sump



Phil Wharton



LANCASTER COUNTY AGRICULTURAL SOCIETY

The Lancaster County Agricultural Society (LCAS) is a publicly-supported organization whose mission is to promote agriculture, youth, and community. The LCAS Board of Directors hosts the annual **LANCASTER COUNTY SUPER FAIR**. During the fair, local residents and 4-H & FFA members exhibit projects and compete in life-skills events. LCAS and Extension work together under a “memorandum of understanding” for a successful county fair.

OUR FOCUS

PROGRAM AREAS



BEEF SYSTEMS

Nebraska is nationally known as the Beef State. Our team provides research-based information and resources to beef producers to help them provide an economical, safe, quality product to consumers while protecting and preserving Nebraska's vast natural resources.

VISIT BEEF.UNL.EDU



THE LEARNING CHILD

As caring adults in young children's lives we play a major role in setting the stage for lifelong learning, discovery and success. Nebraska Extension is committed to providing research-based strategies to help you support the holistic development of the young child in your care.

VISIT CHILD.UNL.EDU



COMMUNITY ENVIRONMENT

Extension is committed to helping Nebraskans know more about creating resource- and energy-efficient rural and urban landscapes, protecting and managing water resources, properly managing insect and wildlife pests, and more.

VISIT COMMUNITY ENVIRONMENT.UNL.EDU



COMMUNITY VITALITY INITIATIVE

CVI is focused on launching the heart and soul of the state, its rural and urban communities, into the future by focusing on entrepreneurship, recruiting new residents, disaster recovery, broadband access, engaging youth and young adults, and building businesses.

VISIT CVI.UNL.EDU



CROPPING & WATER SYSTEMS

Population growth puts a greater stress on expanding yields for food, which still encouraging resource stewardship. To help meet this challenge, we share unbiased, research-based information for a diversified agricultural audience.

VISIT EXTENSION.UNL.EDU/CROPPINGWATER/



FOOD, NUTRITION & HEALTH

The Food, Nutrition and Health program is focused on improving nutrition, physical activity, and food safety outcomes for Nebraskans. The Food Website is a pioneer in connecting all the Extension food-related areas of a university under one umbrella website.

VISIT FOOD.UNL.EDU



4-H YOUTH DEVELOPMENT

4-H empowers youth, ages 5-18, to reach their full potential working and learning in partnership with caring adults. 4-H is education for life that uses a learn-by-doing approach. In Nebraska, 4-H is present in ALL 93 counties across the state.

VISIT 4H.UNL.EDU

Lancaster County

2020 Impact At-A-Glance



Brought to you by Nebraska Extension

Lancaster.unl.edu



20,311 youth were engaged in 4-H! Nebraska Extension's 4-H youth development program brings life-changing opportunities to youth wherever they are: clubs, schools, after-schools, camps and homes.

Meet Marsha Prior, leader of the Fusion 4-H'ers club. When club meetings stopped because of COVID-19, members worked in family groups. Marsha and her grandchildren made how-to video lessons for others. Marsha says, "The summer seemed no different as our 4-H'ers continued to cook, sew, take photos and create things to fulfill our plans for fair entries. 4-H gives meaning and purpose to young people in their daily lives. The pride of accomplishment and success continues to grow our 4-H'ers into future leaders. The pandemic certainly changed our world, but not the value of 4-H for our members!"

Programs At-A-Glance

- 4-H at Fair: The 2020 Lancaster County Super Fair focused solely on 4-H & FFA youth, and was a blend of virtual and in-person. Over 400 youth showcased over 2,700 exhibits.
- Volunteers Worth \$461,545: Extension's estimated 1,023 volunteers gave 18,484 total hours of service. Volunteers extend the reach of programs such as 4-H and Master Gardeners.

2,657

Childcare providers participated in 63 virtual professional development trainings

2,300

People engaged in Nutrition Education Program lessons for limited-resource families

1,100

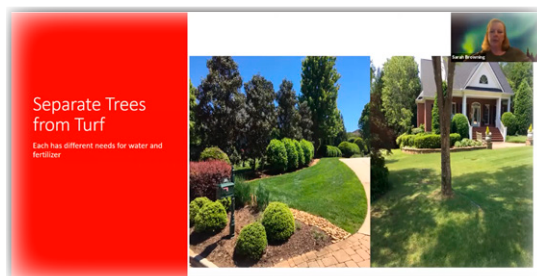
Gardeners participated in the new GROBigRed Virtual Learning Series of 12 programs

2020 Extension Highlights Responding as Local Needs Changed

Gardening Increases in Popularity

Many people spent more time outside during the COVID-19 pandemic, noticing their landscape or starting gardens. Nebraska Extension horticulture staff, including Extension Educator Sarah Browning, created the GROBigRed Virtual Learning Series. The series of 12 programs was attended by **1,100 participants**.

Extension Associate Mary Jane Frogge partnered with Extension in Douglas-Sarpy Counties to present a new virtual Lunch and Learn series to engage Extension's Master Gardener volunteers. Master Gardener Nance Harris said, "Knowledgeable presenters, relevant topics and good questions from participants with equally good answers from the pros. Appreciated the chance to learn more."



GROBigRed program on Tree Care



Extension Educator Emily Grattopp presenting a virtual nutrition lesson

Stretching Food Dollars

Food security issues dramatically increased during the pandemic. Extension's Nutrition Education Program (NEP) staff used virtual teaching methods, including Facebook, recorded videos and interactive virtual classrooms to educate limited-resource families on topics such as:

- Feeding the whole family while children were home during school closures.
- Managing food budgets during financially trying times.
- Utilizing community resources available to families.

NEP **doubled youth reach** this summer, engaging over **2,300 people** and teaching over 40 virtual lessons.

"This is what we were talking about that we needed! Cooperative Extension for the win!!!!"
—Facebook user who shared a nutrition video lesson

Promoting Well-Being

Nutrition, fitness and well-being became critical issues during the pandemic. Extension responded with new programs:

- NEP staff, along with City Impact, piloted the U.S. Soccer Foundation's Soccer for Success program for limited-resource youth. Youth learned a new

sport, enjoyed outdoor play and participated in 60 minutes of physical activity. Due to the program's success, Extension received a **\$7,500 grant** from 4-H Healthy Habits to purchase equipment to teach Soccer for Success in Lincoln and Grand Island.

- Extension Educators Kayla Colgrove and Alyssa Havlovic helped present a virtual Husker Performance lecture

series teaching sports nutrition to high school athletes. This research-based curriculum included six statewide sessions and had 138 participants. According to survey respondents: **98% learned something new** as a result of this program, **81% planned to make at least one change** based on what they learned.



Soccer for Success program

Benefiting Childcare Providers

One of Extension's ongoing priority programs

is professional development trainings for childcare providers, because quality childcare affects entire communities. Since many childcare programs temporarily closed due to COVID-19, Extension began offering virtual trainings at no cost. Participation dramatically increased and feedback indicates the trainings made a positive impact, such as, "The online

Helping People Solve Real-World Problems

Creating.
Adapting.
Responding.
Extension answered the call to help communities during the COVID-19 pandemic.



Extension not only pivoted how we taught, but changed programs to meet people's needs. This 2020 highlights report shows examples of how we responded using research-based information. The community exhibited resilience and grit during this unprecedented time. We will continue working together to solve emerging issues. To find out how Extension can help you, connect with us by calling, visiting <https://lanaster.unl.edu> or via Facebook and Twitter.

Karen Wobig,
Extension Educator & Unit Leader

trainings have been such a blessing and great resource!" and "Thank you for offering free classes as our preschool budget took a big hit!" From April 7 to Oct. 24, Extension Educator Jaci Foged delivered or co-delivered **63 virtual programs** to **2,657 participants** with **in-kind savings of \$18,147**.

MORE ON NEXT PAGE

- 20,311 Youth Engaged in 4-H Programs
- Extension's Volunteers Worth \$461,545
- Other Extension Highlights

20,311 Youth Engaged in 4-H Programs

Lancaster County 4-H brings life-changing opportunities to youth wherever they are: clubs, schools, after-schools/summer sites, camps and homes.

Resources For Youth at Home

When schools closed in March, 4-H staff compiled and created research-based, experiential online resources which youth and families could use at home. Resources at <http://lancaster.unl.edu/4Hathome> included activity handouts, contest study materials and horse judging lessons — this webpage has received over **1,000 pageviews**. Staff developed 17 Clover Kid Fun Pack hands-on activity lessons for the Nebraska 4-H website, <http://4h.unl.edu/fun-pack>, which has received nearly **900 pageviews**. Lancaster County 4-H staff also presented four statewide Zoom experiences (Living Room Learning and Boredom Busters), engaging **219 participants/archived video views**.

Schools Adapt to Remote Learning

Extension coordinates several school enrichment programs, including Embryology for 3rd graders and Nutrition Kits for K-5th graders. These two programs quickly adapted to remote learning with videos, web-based resources (including EGG Cam), Zoom presentations and YouTube live sessions. The Embryology online resources were used by **93 schools, including 44 out-of-state**. Malcolm 3rd grade teacher Morgan Lemkau said, "The virtual presentations were great and still interactive as if they were in person!" Lincoln Public Schools requested handwashing videos as a key part of the nutrition kit remote learning. Since their release in August, the videos have been viewed 707 times.



Embryology going live during a "Living Room Learning" virtual experience

Super Fair Focuses on Youth

This year's Lancaster County Super Fair focused solely on 4-H & FFA youth participation, and was a blend of virtual and in-person exhibits and events at the Lancaster Event Center Fairgrounds. Over **400 4-H/FFA exhibitors** showcased over **2,700 exhibits** (including static exhibits, Clover Kids, animals and contest entries). Static exhibits and many contest entries were submitted, judged and showcased online. Livestock and horse shows were held in-person with many modifications to accommodate health guidelines. Lancaster County 4-H livestreamed nearly all in-person events.



Lancaster County has the largest county fair 4-H horse show in the state

Sewing for Hospitals

4-H coordinated three community-service sewing projects to meet the need for protective gear for hospital staff in Lincoln. During the initial phase called "Hats for Hospitals," 4-H youth and community adult volunteers spent over 543 volunteer sewing hours producing **778 cotton surgeon hats**. During the "Sewing for Hospitals" phase, volunteers gave over 352 hours constructing **1,011 cotton face coverings**. Due to a continued need for face coverings, a third phase resulted in an additional **700 cotton face coverings** being sewn by volunteers who spent over 90 hours making the items.



4-H youth sewing surgical hats

Other Extension Highlights

Wellness in Tough Times Chat Café

Nebraska Extension's statewide Wellness in Tough Times team — which includes Extension Associate Soni Cochran — partnered with the University of Nebraska-Lincoln's Department of Child, Youth, and Family Studies (UNL-CYF) to pilot a Chat Café help line. Staffed by UNL-CYF therapists, the Chat Café gave rural residents the opportunity to work through challenges connected to natural disaster recovery and gain skills to improve lives. The eight-week pilot focused on topics such as coping after a disaster and the pandemic, finances, resolving conflict, self-care and personal relationships.



Extension Associate Becky Schuerman teaching the hydrologic cycle

Teaching Water Stewardship

Associate Becky Schuerman is Extension's statewide expert on domestic water and wastewater issues — assisting the public and industry professionals. This fall, Becky taught a STEM activity to homeschooled youth on being good stewards of our natural resources. Students:

- Created a water-cycle storyboard.
- Discovered how water is pumped from the aquifer.
- Learned the importance of keeping our groundwater clean.
- Built terrariums to take home to watch the water cycle in action.



Extension Educator Kait Chapman demonstrating an insect's strength during Sunday With a Scientist

Solving Insect Problems

Bed bugs, termites, ticks, spiders and many other arthropods can cause nuisance problems, economic impact and public health concerns. Despite the challenges of the pandemic, Nebraska Extension in Lancaster County continued to offer insect and spider identification and consultation services. Urban entomology Extension Educator Kait Chapman answered nearly 300 emails and phone calls over the summer months. This fall, Kait partnered with the University of Nebraska State Museum to present Sunday With A Scientist program: Arthropods Got Talent. The virtual program was broadcast from Morrill Hall to over 40 families on Facebook live and Zoom.

Extension's Volunteers Worth Over \$460,000

Extension's estimated **1,023 volunteers gave 18,484 total hours of service worth \$461,545.48*** to our community! Nebraska Extension in Lancaster County benefits from these volunteers who help extend the reach of programs such as 4-H and Master Gardeners. Volunteers also serve on the Extension Board and 4-H Council. In addition, many 4-H youth give back to their community through service projects, reporting over 1,800 hours of community service.

*Based on Independent Sector's estimate of Nebraska's value of a volunteer hour in 2019 as \$24.97



"4-H gives meaning and purpose to our young people in their daily lives. The pride of accomplishment and success continues to grow our 4-H'ers into future leaders. The pandemic certainly changed our world, but not the value of 4-H for our members!"

— Marsha Prior, leader of the Fusion 4-H'ers club



Nebraska Extension in Lancaster County

Staff & Programs



January 1, 2020 through December 31, 2020



EXTENSION

UNL EXTENSION IN LANCASTER COUNTY Staff & Their Primary Responsibilities



as of June 2020



Tracy Anderson
Extension Educator
Lancaster County
4-H Coordinator



Shannon Boyer
Clerk Typist II
Supports The Learning
Child; Food, Nutrition
& Health & Growing
Healthy Kids



Sarah Browning
Extension Educator
Horticulture; Acreages;
Urban Agriculture



Kait Chapman
Extension Educator
Urban Entomologist



Kayla Colgrove
Extension Educator
Food, Nutrition & Health



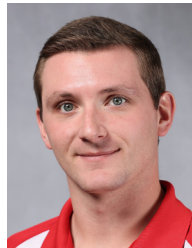
Soni Cochran
Extension Associate
disaster preparedness,
response, & recovery
and rural wellness



Deanna Covault
Clerk Typist II
Receptionist Duties;
Supports Horticulture
and Urban Agriculture



Jenny DeBuhr
Administrative
Services Officer
Office Management



Calvin DeVries
Extension Assistant
4-H Livestock,
Dog & Poultry; Ag
Awareness Festival; 4-H
Embryology School
Enrichment



Jaci Foged
Extension Educator
The Learning Child



Mary Jane Frogge
Extension Associate
Horticulture;
Master Gardeners;
4-H Horticulture



Kristin Geisert
Extension Associate
4-H Static & New Clubs
Clover College and
Leader & Club Dev.



Morgan Hartman
Extension Assistant
4-H After-School &
Summer Sites; 4-H
Garbology School
Enrichment; 4-H Cat; and
Household Pets



Alyssa Havlovic
Extension Educator
Growing Healthy Kids;
Food, Nutrition & Health



Vicki Jedlicka
Publication & Media
Assistant
Publications, Media and
Marketing



Heather Odoski
Clerk Typist II
Supports 4-H; Assists in
Receptionist Duties



Kate Pulec
Extension Assistant
4-H Horse, Rabbit,
Homeschool
Programming



Chris Rosenthal
Repair & Cleaning
Worker
Room Set Up;
Building Maintenance;
etc.



Becky Schuerman
Extension Associate
Domestic Water/
Wastewater



Karen Wedding
Clerk Typist II
Supports Ag;Pest
Management; ewf;
Domestic Water/
Wastewater; and assists
Vicki with Media



Jim Wies
Extension Associate
Computer, Media
Equipment and
Technology



Tyler Williams
Extension Educator
Agriculture; Acreages;
Climate



Karen Wobig
Extension Educator
and Unit Leader/
Department Head
Administrative

Nutrition Education Program Staff

Nebraska Extension's statewide Nutrition Education Program (NEP) is part of the federal Supplemental Nutrition Assistance Program – Education (SNAP-Ed) and federal Expanded Food and Nutrition Education Program (EFNEP)



Kyleah Bowder

Extension Assistant

SNAP-Ed — Youth; Adults;
and Healthy Environments



**Courtney
Eitzmann**

Extension Assistant

EFNEP —
Adults; Teens; and Youth



**Brie
Frickenstein**

Extension Associate

SNAP-Ed — Youth; Adults;
Seniors; and Healthy
Environments



Emily Gratopp

EFNEP Educator

State and County
Program Leadership



Dana Williford

Extension Associate

EFNEP — Adults; Teens;
and Healthy Environments



Meredith Kuca

Extension Assistant

SNAP-Ed —
Seniors; Adults; and
Healthy Environments



Kristen Houska

SNAP-Ed Educator

Youth; Adults; and County
Program Leadership



**Konnie
Robertson**

Office Assistant

Administrative Support for
all NEP Staff



ANNUAL REPORT OF FACULTY ACCOMPLISHMENTS

*Institute of Agriculture and Natural Resources
University of Nebraska-Lincoln*

Tracy Anderson, Lancaster County, Engagement Zone 9

REPORT PERIOD: January 1, 2020 - December 31, 2020

The Lancaster County 4-H team continually strives to engage all youth in Lancaster County. We believe everyone deserves the opportunity to engage in experiential learning through the 4-H positive youth development program. In the beginning of 2020, while we had not secured programming to engage all youth in Lancaster County, we were on track to have notable growth. However, COVID-19 altered our programming plans. We moved from teaching in-person to teaching virtually in mid-March. While we may have engaged fewer youth in 2020, we definitely stretched and grew as youth development professionals. As we moved to virtual programming, we learned how to reimagine and deliver virtual programs, we developed new programs specifically for virtual learning, and we learned virtual teacher and learner best practices.

The Embryology program serves as one example of how Lancaster County 4-H reimaged traditional in-person programming to virtual success. Extension Assistant, Calvin DeVries recorded presentations, created at-home activities, and scheduled live events on 4-H Egg Cam. Reach was seen both in and out of the state totaling 16 non- Lancaster County Schools and 8 Homeschool families in Nebraska, with an additional 44 out of state schools from 14 states including 1 from Canada. DeVries hosted 2 virtual Embryology sessions with 4 live egg candling events on Egg Cam totaling 630 live viewers, peak hatching totaled 328 live viewers. 4-H Egg Cam reached 48,920 page views increasing 396.5% from 2019.

Leadership

1. In response to COVID-19 and working remotely, it quickly became apparent our 4-H team needed to move from monthly to weekly check-ins. Within these weekly check-ins, I included multiple opportunities for us to share and learn more about each other and challenged everyone to utilize online programs in this effort (such as Kahoot!). Ensuring the 4-H team stayed connected was a priority of mine and, in addition to weekly check-ins via zoom, we all used “Skype for Business” multiple times during the day to video chat with one another. This became an important tool as we worked remotely.
2. As the 4-H Youth Development Urban Program Coordinator in Lancaster County, I administer the day to day programming of a large 4-H youth development program. I have responsibility for providing leadership, mentoring and evaluation to a 4-H team consisting of four extension assistants. This summer I also had overall leadership for 3 interns. I promoted teamwork within the Lancaster County youth development team, engaged and increased partnerships, shared impact with stakeholders and secured monetary support. I offered professional development opportunities, and led 4-H staff meetings. I guided programs, needs assessments, and evaluations. I helped secure programming supplies and guided overall protocol for grievance procedure and policy. I ensured financial and youth safety compliance.
3. Provided leadership for the Lancaster County 4-H program reaching 20,311 youth—17,037 unduplicated. Of the 17,037, 12,014 participated in school enrichment programs such as Garbology, Nutrition Education Program, Growing Healthy Kids, and Embryology. These curricula meet Nebraska Curriculum Standards. 5,219 participated in after school programs. 920 youth were enrolled in one of 81 4-H clubs and 159 participated as independent members. In addition, over 908 volunteers participated in Lancaster 4-H youth development programs volunteering 16,003 hours of service worth \$399,594.91* to our community. Lancaster County 4-H’ers reported 1,110.5 hours of community service worth an additional \$27,729.19* to our community. *Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2019 as \$24.97.
4. Provided overall leadership for 4-H at the blended in-person and virtual 2020 Lancaster County Super Fair. Led effort in creating and disseminating a survey to 4-H families and volunteers designed to help 4-H staff determine opinions regarding a blend of virtual and in-person county fair participation. 305 responses were received. Responses provided important information applied to presentations and multiple discussions with the Lancaster County Ag Society directors and the Lancaster Event Center staff. Over



ANNUAL REPORT OF FACULTY ACCOMPLISHMENTS

*Institute of Agriculture and Natural Resources
University of Nebraska-Lincoln*

400 4-H/FFA exhibitors entered over 2,700 exhibits at the 2020 Super Fair which provides 4-H youth an opportunity to showcase their projects and demonstrate what they've learned throughout the year.

5. Served as liaison to 4-H Council. Helped determine the annual balanced budget. Guided members in their leadership roles. Led the 2020 Give to Lincoln fundraiser.

6. Presented important Lancaster Co. 4-H youth development program highlights and impacts to the Lancaster County Commissioners at one of their meetings. The relationships created at this and other meetings help establish and maintain needed financial support.

Grants

1. Through a collaborative effort with the City of Lincoln and Lincoln Public Schools, served as principal investigator for a \$100,000 EPA grant to design and disseminate both a formal and informal curriculum for Kindergarten through 12th grade. Grant was not awarded.

2. Served as co-private investigator with Karen Wobig for the Bayer Why We Science grant and was awarded \$6,000 toward a Why We Science Through 4-H project (extended though 2021-22 school year).

3. Continued collaboration with the City of Lincoln Solid Waste Management. Attended multiple meetings to revise annual grant providing .5 position on hold due to COVID-19. Grant to be funded beginning summer 2021.

4. Serving as investigator for Well Connected Communities National 4-H Council grant. Recruited 6 of 13 participating teens, taught three lessons and recruited leadership speaker. Assisted Emily Gratopp as she led teens to complete their virtual Master Health Volunteer training.

Teaching

1. January 2020: Along with 4-H volunteer, Karol Swotek, guided 28 Teen Council 4-H'ers in their preparation for the January 17, 4th and 5th grade lock-in. As a result, the teens taught 27, 4th and 5th graders in this leadership event. A subset of data (n=24) indicated 88% of teens learned at least one new leadership skill and 92% of teens feel more comfortable being in a leadership role because of this activity.

2. January 2020, 4-H team partnered with West Lincoln Elementary School and taught sustainability-focused activities including making paper engaging 524 kindergarten-fifth grade students. One youth said, "We are making paper out of paper?!? Cool!"

3. Supported statewide Boredom Buster's virtual program by recruiting former 4-H'er and top speech & presentation contest participant to present a Boredom Buster program focusing on giving a presentation. I led presentation outline focus, guided slide deck and presentation topic.

4. Taught Next Chapter to Girls, Inc. of Lincoln Eureka! program to two grades, two lessons each. 15 youth participated in the first lessons of Chapter One programming, SMART Goals. Some qualitative feedback included: "I learned what the SMART goals was and I'll apply it to myself in the future," "Helped motivate me to work harder in school now to get what I want later."

Service

Serve as NCEA Treasurer. Collected NCEA and section dues, collected all NCEA registration fees, submitted reimbursement documentation to the NU Foundation, and reconciled the bank statements.

Sarah Browning – 2020 Horticulture Program Summary

My 2020 Story

Innovation was the theme for 2020 – developing new strategies and methods to complete the work we had set for ourselves this year. We have quite successfully provided programming and clientele assistance despite the pandemic.

For example, I recorded several presentations that had to be cancelled and provided them for partners to share with clientele. In April, Mary Jane, Lancaster horticulture Associate, and I developed new strategies enabling us to continue utilizing EMGs during the pandemic, specifically a new system enabling EMGs to work from home, while helping us answer client phone and email questions. (Horticulture clientele contacts were up, since most were quarantined at home. Many began projects in their landscapes and others started vegetable gardening for the first time this year; some due to unsubstantiated food safety concerns, fears of food shortages and/or extra time at home.)

Relevance, Engagement and Meaningful programming were also key values this year. These were addressed by responding to clientele concerns, some of which were unique to this year, and providing safe engagement strategies appropriate for each audience. Some of my biggest achievements this year, which were relevant and meaningful programming, are detailed more below.

Professionalism was also important. Staying calm and focused on work, even as things continually changed. Working with Mary Jane to develop protocols for working with clientele and EMGs, while continuing to provide programming as appropriate was an ongoing goal throughout the year.

Important Contributions

Goal #1 – Nebraskans will have access to abundant and safe sources of locally grown produce.

Objective #1 – Commercial fruit & vegetable growers will adopt growing and handling practices that reduce microbial contamination risk to fresh produce, through participation in Produce Safety Alliance grower training and certification. Accomplishments: I led a joint 4-state team as we presented Produce Safety Alliance Grower Training virtually to 14 participants in Nebraska, South Dakota, North Dakota and Missouri. 100% participants indicated the training adequately prepared them to meet federal Food Safety Modernization Act regulatory requirements.

Objective #2 – Nebraska produce growers will increase their production and business skills as a result of attending the Great Plains Growers Conference (GPGC). Accomplishments: I again chaired the 2020 GPGC committee; the conference was attended by 338 growers. 68% participants have adopted new practices that save them money or increased farm revenue as a result of attending the conference. I have led the committee as we plan a virtual conference for February 12-13, 2021.

Goal #2 – Clientele will create sustainable landscapes and adopt land management practices that protect human health and natural resources, particularly ground and surface water, from fertilizers, pesticides and other sources of pollution.

Objective #1 – Nebraskans will adopt practices to create and maintain sustainable landscapes, protecting natural resources and human health, through access to research-based web information, media articles, one-on-one clientele contacts and Extension programming. Accomplishments:

- ProHort – I developed an in-depth presentation on one of the workshop topics and presented to a total of 81 commercial green industry professionals. The presentation was also used by others for an additional 64 professionals in other counties. (These programs took place in Feb. & March before the pandemic.) As a result of the program, 61% of participants will begin to use recommendations in the presentation. This was the 2nd year Community Environment educators teamed up to provide a series of workshops for commercial

horticulture professionals, using a jointly-created standardized curriculum, presented at several locations statewide.

- GROBigRed – Community Environment educators jointly developed and presented a series of 11 virtual programs delivered via Zoom to the general public. Eight programs focused on vegetable gardening - a very hot topic this year - and four programs on trees. I presented two programs, co-presented a third and assisted with the others. Live attendance was 1,098, with 861 viewings of the recorded presentations. In a follow-up survey, 88% participants indicated they had adopted or changed a practice.
- Vegetable Gardening 101 – The pandemic began in earnest at the start of the gardening season. With many people at home worried about food safety and food supplies, vegetable gardening became a very hot topic across the U.S. Newspapers were calling, asking for information on home vegetable gardening. Community Environment educators quickly curated existing resources and developed short publications for missing items to create Vegetable Gardening 101, which can be found at <https://byf.unl.edu/first-steps-vegetable-gardening>, giving those new to gardening guidance on starting a vegetable garden.

Kaitlin Chapman
Assistant Extension Educator – Urban Entomology
Nebraska Extension in Lancaster County

2020 Annual Report

In mid-2020, I began the position of an Assistant Extension Educator of urban entomology. A fair portion of my time was spent learning about and familiarizing myself with Nebraska Extension as an organization, all the while beginning to develop program ideas and goals. During this time, I also acquainted myself with colleagues, provided urban pest identification and consultation services to clients, and developed and hosted some programming for the community. Throughout these interactions, I promoted integrated pest management options, providing ecosystem friendly and economically sustainable alternatives to exclusive pesticide use. This aligns with the expected impact of my position. Additionally, I have begun to forge connections and interact closely with homeowners, pest control businesses, City organizations, and health professionals to provide expert advice.

From June through October, I provided consulting services to approximately 250 clients across 11 different Nebraska Counties and three states. During these consultations, I recorded data on pests to help better gauge the community's needs and inform future programming. Additionally, I developed and led two virtual events for the community. In collaboration with Jody Green of the Douglas-Sarpy Extension Office and the UNL Department of Entomology, I organized and launched Nebraska Moth Week from July 18-26. This consisted of a week-long BioBlitz for Nebraska moths, culminating in a virtual event that had a presentation, Q&A, and livestream of an insect light trap at Spring Creek Prairie Audubon Center. We had over 100 community observations submitted for the BioBlitz, 30 attendees for the virtual event, and created [online resources](#) including a widely-shared guide to the "Common Moths of Nebraska". Other presentations I developed and led included the family-oriented "Arthropods Got Talent!" interactive webinar for the Nebraska State Museum's "Sunday with a Scientist" education series, and a guest lecture on integrated pest management for a UNL Food Safety course each of which had approximately 30 participants/viewers. During all of these events, I promoted an appreciation for Nebraskan insects and the mentality of "ID before you treat" as a way to help Nebraskans adopt practices that promote beneficial organisms, while safely managing pests.

Other contributions include providing consultation services on urban pests for the Lincoln-Lancaster County Health Department to help them make more informed decisions when dealing with legality issues, writing articles for the Lancaster County Extension Office's monthly Nebline newsletter, and providing panel support for the Community Environment group's Emerald Ash Borer virtual workshop, and editing and providing feedback on several pollinator-based curriculum activities for K-5 classrooms. I also participated in some media outreach about cicada killer wasps and Japanese beetles by contributing to 1011 News and PureNebraska video interviews, and a radio interview on tick prevention and Rocky Mountain Spotted Fever for 1400 KLIN.



ANNUAL REPORT OF FACULTY ACCOMPLISHMENTS

*Institute of Agriculture and Natural Resources
University of Nebraska-Lincoln*

NAME: Kayla Colgrove, Extension Educator

REPORT PERIOD: January 1, 2020 - December 31, 2020

2020 YEARLY SUMMARY STATEMENT

This year's focus for my nutrition and physical activity programs was to lead statewide programs, impact my community, and create content.

LEAD

As a leader of food.unl.edu, I managed a site update for enhanced Search Engine Optimization and updated content. Google Analytics showed from August 2019 - July 2020:

- Over 2.8 million pageviews, a 13.7% increase from previous year
- Over 1.9 million users, a 17.7% increase from previous year

I secured, co-managed, and completed 2 National 4-H Council Grants for a total of \$68,500, reaching 29+ Nebraska counties. Highlights included:

- Extension staff delivered 49 programs that reached 2,036 youth and impacted over 3,100 family members.
- The Healthy Futures program was highlighted in a promotional video and story that received national coverage on UnitedHealthcare's website and social media channels.
- The next Healthy Habits grant was secured in September, with a new Soccer for Success add-on, for an additional \$51,500 with a goal to reach at least 2,100 youth across Nebraska.

IMPACT

I collaborated with colleagues to offer a new Husker Performance (HP) Online Lecture Series that included 6 sessions. The series had 138 participants with 79 people attending 3 or more sessions while averaging 75 participants per session. According to a survey (n=42):

- 35% were from Lancaster County
- 98% learned something new as a result of this program
- 81% planned to make at least one change based on what they learned

I co-presented the Lincoln Public Schools' (LPS) HP Facilitator Trainings via Zoom to 13 middle and high school teachers. I adapted the HP Canvas Course for high school students to a Google Classroom Course for teachers to implement the program in their classrooms. Three LPS teachers and 7 teachers outside of Lincoln are enrolled in the Google Classroom with a goal of delivering the program during the school year.

A new partnership was developed with Bryan College of Health Sciences, and I presented a meal prep seminar to 63 nursing students.

CREATE

I created a 30-second handwashing video for food.unl.edu, and colleagues asked to use the video. This video was shown during the Cottage Food trainings. It was also included in 3 nutrition school enrichment kits (SEK) handwashing videos to show students how to correctly wash their hands. These SEK videos were made for LPS teachers to utilize in their classrooms and shared on our website.

NEBRASKA EXTENSION EDUCATOR JACI FOGED MADE A DIFFERENCE IN 2020

Jaci Foged's 2020 Story - Although 2020 started out like any other with fireworks at midnight and New Year's resolutions, early on I began to learn that the rest of the year was going to be anything but typical. I never swayed in my goal to *provide and increase high quality resources and education for early childhood professionals and families and improve learning experiences for children*. I was able to meet my objective to *increase the skills, depth of knowledge, and behavioral change of adults as they engage children and youth in quality learning experiences that supports their holistic development* through childcare provider training, coaching, collaboration and developing and sharing of resources.

What were your most important contributions and how did you make a difference? - From January to mid-March, I offered 20 in-person trainings to 379 participants. That is truly only the beginning of my 2020 story. As childcare programs shut down due to current Directed Health Measures (DHM's) in their area, I responded. My childcare training and coaching moved seamlessly to a virtual platform. True **COLLABORATION** and **INNOVATION** became paramount to supporting my audience. My colleague



Katie Krause and I teamed up in March to pivot our current in-person classes to on-line. Katie is a huge part of my 2020 story, as are many of my The Learning Child (TLC) and other Extension colleagues. On April 7, Katie and I delivered our first virtual training. I was cautious...and she was determined, which created a perfect match! We had 58 participants attend and we were ecstatic! As programs began to close

due to the pandemic, the success of this first training confirmed the immediate need for childcare programming and services in a virtual space – and we had the tools to make it happen.

"I really like the option of the online classes. Katie and Jaci made the trainings fun and interesting. The information that they provided was very useful and I put it to use in my room right away."

The story continued to unfold based on what I knew about this audience. In April and May 2020, an average of 70% of the participants taking our classes were reporting that their programs were closed due to the pandemic. Knowing this and not wanting to cause additional stress to an already stressed population, we responded. We decided to offer our programs at no cost to participants for the remainder of 2020. This choice has **MADE A DIFFERENCE** for Nebraskans.

"Thank you for offering free classes as our preschool budget took a big hit as we had to close!"

Impacts - From April 7 – December 17, I co-delivered and supported 130 hours of in-service to **more than 1,500 individual participants** (2,924 total participants) across 71 virtual workshops. This training was offered free of charge, saving the participants over \$16,000. Katie and I had 78% of our participants take 1-2 classes from us, 19% take 3-6 classes and 3% take 7 or more classes. In a follow-up survey successfully emailed to 920 individual participants, we had 34% (N=315) completion participation. 84% of participants responded in a follow up survey that they utilized A Lot to A Great Deal of what they learned in their work with young children. Most of our participants were from Nebraska, but we also had participants from Iowa, South Dakota, Texas, Ohio, Kansas and Colorado – and 5 participants from Guam!

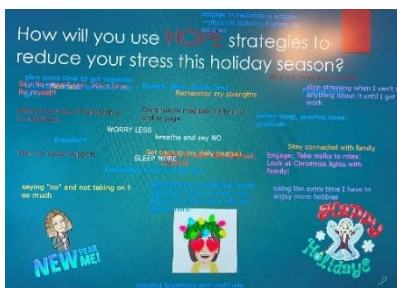
2020 Contributions – My work is varied, which I love because it makes each day new! Some of my most notable contributions include: **NEW CURRICULUM** - *Preschool Water Quality* Lessons – writer, reviewer, formatting team. In final stages - to be piloted in 2021. **CREATED** and **LED** a team to develop a new 6-hour training titled *A Trauma Sensitive Approach in Early Care and Education* in partnership with Rooted in Relationships. **TEAM MEMBER** for *Build a Better Babysitter Training*. Co-wrote and

delivered the *Safety* lesson in the pilot training. Reviewed all lessons and formatted virtual slides for consistency. 100 youth participated over two virtual 5-day trainings in June. **PARTNER** with U.S. Save the Children to deliver six *coping* trainings to 208 participants affecting approximately 1,664 children and earning \$900 for my program account. Participants also received four children's books each for participating. **2020 GRANTS**: The Right Place \$28,984, EAT-FSD: Home Edition \$10,000. **PIVOTED** the 8-week CHIME program to a virtual space, delivered to six participants, mentored new TLC educator to deliver the program, coordinated, & delivered a virtual CHIME Guiding Teacher Facilitator Training to six participants in Denver, CO. **SUBMITTED, ACCEPTED** and **CO-DELIVERED** my first virtual session presentation at the National Extension Association of Family and Consumer Sciences (NEAFCS) conference in September 2020. **CONTRIBUTED** six articles posted to Lancaster Neblin Newsletter (over 10,000 copies sent monthly) and TLC social media sites. **COMMITTEE MEMBER** for: Pyramid State Leadership Team – Goal Group 4, Prosper Lincoln's Early Childhood Network Social Emotional Backpack committee, OTOE County Communities for Kids, Lancaster and Saunders Head Start Policy Committee Secretary, effective December 2020, and the Lincoln Early Childhood Conference planning committee. **2020 AWARDS** NEAFCS 1st place Central Region and 1st place National - Internet Education Technology Award for TLC's Quality Childcare website <https://child.unl.edu/choosing-quality-child-care>. Nebraska Extension – *IMPACT* Award for TLC Virtual Programming & *NEW Diversity and Inclusion* award for Team - Reaching One Reaching All.

"Katie and Jaci have the ability to make you feel like they are talking to you with in a small group-which is far from the reality. They infuse humor and personal experience to make the information very relatable to ones own situations. I enjoy the classes and have learned so many common sense tips into my home child care business. Can't thank them enough. Will continue as long as they offer them."

How did the pandemic impact your work? Positively! I...

- Continued and increased my collaboration with Extension Educators and my local office staff
- Spent less time driving to meetings and more time on actual teaching, coaching, contributing to committees and reflecting on my work
- The pandemic helped me work smarter, not harder! I offered half as many classes, but had more than double participation
- Trained, coached and supported people not only in Nebraska, but from around the U.S and beyond!
- Attended 11 professional development opportunities, 3 conferences (1 national) and participated monthly in an Extension Leadership Group as well as a monthly reflective consultation group for Rooted coaches.



Goals and objectives FOR 2021 Goal 1 - Provide and increase high quality resources and education for early childhood professionals and families and improve learning experiences for children. **Objective:** Families and caregivers of young children will gain necessary skills and implement strategies to support children's learning and development. **Objective:** Families, caregivers and early childhood personnel will implement strategies for young children to have seamless educational connections between home and educational settings.

- **Goal 2** - Provide and increase resources and education for early childhood professionals to support their well-being. **Objective:** Deliver education aiming to enhance and improve the emotional well-being of early childhood professionals so that they can be effective in both their work and personal lives.
- **Professional Development Goal** – Participate in professional development to increase the quality of online programs offered and create systems that will automate work when applied.

Emily Gratopp

Extension Educator, Expanded Food and Nutrition Education Program

Summary Statement 2020

The year of 2020, the year of the start of a pandemic, I was resilient, adaptable, observant and innovative. This year I successfully:

- innovated virtual statewide nutrition programs
- developed my leadership and facilitation skills
- strategically designed the future direction of Nebraska Extension's EFNEP program by writing the 5 Year Plan for the EFNEP grant
- established a Master Health Volunteer program for youth and adults commenced to reduced health disparities in Lancaster County

As a fully grant-funded Educator coordinating Nebraska Extension's Expanded Food and Nutrition Education Program, I ensured the program adapted to the needs of the target audience: limited-resource Nebraska families. I created and implemented a needs assessment to determine how limited resource audiences preferred to receive nutrition education during initial physical distancing, assisted the Nutrition Education Program (NEP) in pivoting and innovating program to reach limited-resource Nebraskans in new ways, and I created and organized two innovative virtual nutrition education programs.

I reached, on average, 1700 viewers each episode with a total of 454 post clicks and 256 reactions, comments and shares with one innovative virtual program I created called "The Dish: Q&A with Nebraska Extension".

My leadership style adapted from being outcomes-focused to being attentive to staff wellness and self-care. I encouraged innovation through celebrating risk, pilot projects, and even failure in reaching the EFNEP audience of limited-resource youth and families.

I strategically aligned Nebraska EFNEP with National EFNEP standards and developed program priorities and goals for the next five years by writing both the Nebraska EFNEP 2025 Five Year Plan and High-level Technology Plan. The EFNEP Five Year Plan is essentially writing an application for the EFNEP grant for the next five years.

I impacted the reduction in health disparities in Lancaster County by establishing a Master Health Volunteer program for the Well Connected Communities grant effort supported by the National 4-H Council and the Robert Wood Johnson Foundation. I taught two 40-hour training programs, one adult-focused for 15 volunteers and one youth-focused for 14 youth volunteers teaching social determinants of health, health equity, and innovation in address those issues through collaboration and volunteerism.

Becky Schuerman, Extension Associate, Domestic Water & Onsite Wastewater Management
2020 Summary:

- Presented a talk on “Groundwater Protection through Well Construction and Routine Maintenance” at the Ag Day in Central City in January to Ag producers and private well owners.
- I gave 3, in-person presentations: “How Extension Can Help You,” “Record Keeping & Submissions for Well Drillers and Onsite Wastewater Professionals,” and “Communication & Engaging the Interest of the Younger Generations” at the NWDA & NOWWA Annual Conference in Kearney in February and also presented “Communication & Engaging the Interest of the Younger Generations” in March at the NeRWA Conference. Over 200 well drilling, onsite wastewater, and water operator professionals attended the 4 talks. Feedback was very positive and many shared that they wished their employees/municipal water staff could have heard the presentations.
- COVID hit at the end of March and we transitioned to 100% remote office, communication, and learning.
- Taught an in-person, COVID friendly lesson on the Water Cycle to 31 kids at the Lancaster County Homeschool Science Day in November and built take home terrariums with them to watch the cycle in action.
- Presented a talk on “Educating your Customers through Customer Service” at the 2020 Last Chance CEU opportunity for well drilling professionals with NWDA.
- Wrote articles focused toward private well/onsite wastewater system owners and water system consumers on “Preparing Water for Use During an Emergency,” “Flushing Products Other than Toilet Paper Can Cause Big Problems Down the Line,” “Protect Your Private Well from Stormwater Runoff,” “What You Need to Know about having a Well Drilled,” and “Nitrates in Drinking Water” for Lancaster County Extension’s Nebline and published them on water.unl.edu. Worked to develop a series of water quality articles to be published in 2021.
- Represented Nebraska Extension at meetings for the NWDA, NOWWA, the Onsite Wastewater Advisory Committee, NDEE Weatherization Committee, Nebraska Wellhead Protection Network, Water Well Standards Contractors Licensing Board, UNL & Daugherty Water for Food Institute Nitrate Awareness Group, Nebraska Water Center Virtual Retreat, and Water & Crops Science Hub.
- Reconnected and networked with both former & new water professional cohorts through early year, in-person opportunities and multiple webinars, Zoom meetings, phone calls, and emails throughout COVID.
- Worked with Bruce Dvorak on the updating of Drinking Water NebGuides. We have an 18 month plan to review and update them all in collaboration with Jesse Bell from the Water, Climate, and Public Health Program.
- Monthly Zooms with the Extension Urban Water Team and the leadership team for the UNL Water Website.
- Sat on the interview committee for the Lancaster County Entomology position and on John Sump’s 4-H Gives Back Award Committee for Lancaster County 4-H. Assisted the Lancaster County 4-H staff at their 2020 Fair Contests.
- Contributed to the Water Quality for Preschoolers Project and am on the Earth Wellness Festival Steering Cmte.
- Began 2020 as a member of the 10th Cohort of the Nebraska Water Leaders Academy, a year-long commitment. Due to COVID it was postponed until 2021.
- Participated in multiple Extension PD Zooms, Water Science and Onsite seminars, the 7 Habits of Highly Effective People Virtual Workshop, and attended the 2020 Virtual Extension Fall Conference.

Karen Wobig, Extension Educator, Lancaster County – 2020 Summary Report

Contributed to local and statewide capacity by managing the Nebraska Extension in Lancaster County facility, leading 32 staff and interns, directing 10 Extension Board members, engaging with 5 County Commissioners and 9 State Senators. A personal highlight was receiving the Nebraska Extension Chester I. Walters “extra mile” award. Due to the unprecedented events of 2020, considerable time and effort focused on leadership, monitoring staff member’s health and well-being and attempting to continue to keep Lancaster County Extension a valued community asset.

Leadership:

COVID-19:

- Coordinated successful transitions to remote offices
- Oversaw office building through shut down by contact with county maintenance staff on site
- Coordinated with Lancaster County government to order and receive COVID-19 supplies: touch-free thermometers, face shields, gloves, wipes, masks for both staff and public
- Maintained connections among staff through mailed cards, emails and weekly staff “check-ins” consisting of “toasts” of staff events, themes, giving COVID updates and staff share
- Assisted staff with transition back to office environment for some and/or continuing remotely for others including managing de-densifying office staff numbers
- Implemented safe opening of foyer to public, daily COVID-19 screening process of temperature taking and symptom questions and attended weekly county COVID briefings
- Monitored and implemented all county and UNL health directives
- Gathered information from staff and reported programming and office procedure updates to Lancaster Board of Commissioners throughout the year

OTHER:

Served on search committee and welcomed new Urban Pest Management Educator, Kait Chapman. Attended mandatory Lancaster County “Supervisory Drug & Alcohol Training.” Served in advisory role with Well Connected Communities project (Gratopp & Anderson). Coordinated and/or led Extension Board, staff and Educator meetings.

Financial:

- Formed budget committee of Extension Board members and Administrative Services Officer and presented an approved \$1,012,392 county budget to Board of Commissioners - In July, coordinated a \$10,000 budget reduction at the request of the Commissioners
- Leveraged staff capacity through over 1,000 volunteers giving nearly 18,500 hours, worth over \$400,000
- Served as Co-PI with PI Tracy Anderson in grant proposal to Bayer Corporation, receiving \$6,000 toward a “Why We Science Through 4-H” project
- Oversaw and approved all financial transactions in county tax budget
- Attended multiple planning sessions with City of Lincoln Waste Management on revision of annual grant to provide .5 FTE position, on hold for 2020-2021 due to COVID-19, new grant to begin approximately July 2021.

Engagement:

Coordinated monthly meetings of Extension Board following revised Open Meetings Act regulations, adjusting to in-person and virtual platforms.

Attended annual NACEB gathering, coordinating Extension Board member’s meetings at the Capitol with each of Lancaster’s 9 state Senators and successfully nominating Board member Allen Blezek for the Outstanding Volunteer award.

Presented four “Lancaster County Extension Overview” programs: In-person in Hickman and Firth community centers and NE Aging Partners in Lincoln; and virtual with Lancaster County Leadership Academy resulting in an application for service on the Extension Board. Invited new Lancaster County Chief Administrative Officer for visit and office tour. Served with Lancaster County as “ambassador” for coordinating 2020 Census marketing via disbursement of fliers, local and statewide, meetings with federal Census representative and publishing pertinent information in Nebline. Attended Ag Society, County Management and Board of Commissioner meetings. Invited to speak during virtual Leadership in the City alumni forum. Participated in Senator Anna Wishart’s constituent advisory meetings.

Facility:

- A. Purchased new truck utilizing unspent budgeted tax dollars and B. Continued office painting

University Service:

- Selected to serve on the Statewide/Campus Extension Educator Promotion committee, representing Human Sciences, a 3-year commitment
- Assisted EZC to contact Lancaster UNL Freshman during COVID-19 outreach project
- Continued efforts to manage Lancaster County website/social media needs - lancaster.unl.edu ranks 14th top domain of all UNL websites

Professional Development:

- “Lessons from National Protests: Strategies for Curriculum and Community Engagement” – UNL Office of Diversity and Inclusion
- “Navigating Through COVID” Dr. Beth Cohen
- Attended National Urban Extension Leaders North Central Region Virtual Network Conference. Favorite session: “I Talk Too Much: Building Walls that Prevent Success” – Used a number of strategies presented to assist Lancaster staff in dealing with COVID and continuation of their work
- Goal for 2021: Attend virtual National Urban Extension Conference; and reinstate office supervisory/leadership book club

2021 Goals and Objectives:

Residents of Lancaster County will make informed decisions by receiving quality programs and services from staff working in an up-to-date facility and positive environment.

1. Staff will be equipped to educate and serve Nebraska residents as a result of working in a well-managed facility with a positive, healthy, cohesive environment.
2. Faculty and staff will have positive leadership, training, and coaching from the unit leader.

Extension programming/services will increase as a result of advocacy and relationship building with stakeholders.

1. Secure funding and programming opportunities by serving as primary advocate and representative to Extension Board, County Commissioners, State Senators, NACEB, and other stakeholders.
2. Explore new opportunities to secure funding, resources and programming by working alongside the Engagement Zone 9 Coordinator.



Nebraska Extension in Lancaster County

Financials



January 1, 2020 through December 31, 2020

Nebraska Extension in Lancaster County Tax Budget FY 2019-2020		
	<u>EXPENSES</u>	FY2019-2020
OBJECT	ITEM	BUDGET
+++++	<u>PERSONAL SERVICES</u>	+++++
61210	REGULAR SALARIES	\$ 323,730.00
61250	TEMPORARY SALARIES	\$ 18,000.00
61310	OVERTIME	\$ 2,000.00
61510	FICA	\$ 26,295.00
61520	RETIREMENT	\$ 25,627.00
61530	GROUP INSURANCE	\$ 109,587.00
61540	DENTAL INSURANCE	\$ 4,738.00
61650	LONG TERM DISABILITY	\$ 1,100.00
61660	POST EMPLOYMENT H.P.	\$ 10,725.00
	PERSONAL SERVICES TOTALS: \$	\$ 521,802
+++++	<u>SUPPLIES</u>	+++++
63110	OFFICE SUPPLIES	\$ 3,500.00
63120	DUPLICATING SUPPLIES	\$ 3,000.00
63225	JANITOR SUPPLIES	\$ 4,500.00
63345	OTHER OPERATING SUPPLIES	\$ 1,200.00
63510	MOTOR FUELS	\$ 3,000.00
	SUPPLIES TOTALS: \$	\$ 15,200
+++++	<u>OTHER</u>	+++++
64175	COMPUTER SOFTWARE MAINT/LIC	\$ 2,600.00
64285	CITY INFORMATION SERVICES	\$ 467.00
64286	VOIP - INFORMATION SERVICES	\$ 10,397.00
64710	MEALS	\$ 600.00
64715	LODGING	\$ 2,000.00
64725	MILEAGE	\$ 5,000.00
64730	PARKING & TOLLS	\$ 100.00
64735	VEHICLE RENTAL	\$ 7,500.00
64820	PHONE, DATA PROC. (VLS CONNECT.)	\$ 1,700.00
64825	CELLULAR PHONE SERVICE	\$ 2,000.00
64855	POSTAGE	\$ 26,000.00
64910	PRINTING	\$ 16,800.00
64915	PHOTOCOPYING	\$ 10,000.00
64925	ADVERTISING	\$ 150.00
65295	CLIENT SERVICES	\$ 324,240.00
65660	DUES	\$ 100.00
65665	BOOKS	\$ 700.00
65670	ENROLLMENTS	\$ 2,000.00
65845	MISCELLANEOUS FEES	\$ 5,000.00
65910	PROPERTY/LIABILITY INSURANCE	\$ 1,977.00
65920	VEHICLE INSURANCE	\$ 961.00
65925	FLOOD INSURANCE	\$ 1,343.00
66110	ELECTRICITY	\$ 16,000.00
66115	NATURAL GAS	\$ 3,500.00
66120	WATER & SEWER	\$ 2,100.00
66125	REFUSE DISPOSAL	\$ 500.00
66210	MOTOR VEHICLE REPAIR & MAINT	\$ 2,000.00
66220	OFFICE EQUIP REPAIR & MAINT	\$ 300.00
66225	BUILDING REPAIR & MAINT	\$ 8,000.00
66230	GROUND'S EQUIP REPAIR & MAINT	\$ 300.00
66275	COMPUTER EQUIP REPAIR & MAINT	\$ 4,800.00
66410	OTHER EQUIP REPAIR & MAINT	\$ 100.00
66520	BUILDING RENT	\$ 6,115.00
	OTHER TOTALS: \$	\$ 465,350
+++++	<u>CAPITAL</u>	+++++
67415	OFFICE EQUIPMENT	\$ 2,000
	CAPITAL TOTALS: \$	\$ 2,000
+++++	+++++	+++++
	GRAND TOTAL EXPENSES FOR AGENCY	\$ 1,004,352
+++++	+++++	+++++
	<u>INCOME</u>	
58115	RENTAL INCOME	\$4,500.00
58595	OTHER MISCELLANEOUS	\$1,000.00
	GRAND TOTAL INCOME FOR AGENCY	\$5,500.00

Nebraska Extension in Lancaster County General Fund (Tax Accounts) - FY2019-2020																		
DATE RUN: OBJECT	7/24/2020 ITEM	FY2019-2020 BUDGET	EXPENSE TO DATE	BALANCE REMAINING	PERCENT REMAINING	July	August	September	October	November	December	January	February	March	April	May	June	Encumbered
EXPENSES																		
*****	PERSONAL SERVICES	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
61210	REGULAR SALARIES	\$ 323,730.00	\$ 325,724.27	\$ 1,994.27	-0.6%	\$ 27,768.53	\$ 26,697.74	\$ 25,716.54	\$ 28,249.14	\$ 25,792.71	\$ 27,020.92	\$ 30,938.59	\$ 24,565.15	\$ 27,438.25	\$ 27,353.96	\$ 26,533.85	\$ 27,648.89	
61250	TEMPORARY SALARIES	\$ 18,000.00	\$ 8,845.59	\$ 9,154.41	50.9%	\$ 5,276.13	\$ 1,344.24	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 2,225.22	
61310	OVERTIME	\$ 2,000.00	\$ 2,277.17	\$ 277.17	-13.9%	\$ 1,205.61	\$ 1,012.38	\$ 0.00	\$ 0.00	\$ 59.18	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	
61510	FICA	\$ 26,295.00	\$ 23,596.37	\$ 2,698.63	10.3%	\$ 2,401.81	\$ 2,010.79	\$ 1,764.87	\$ 2,036.50	\$ 1,736.30	\$ 1,874.22	\$ 2,188.76	\$ 1,717.81	\$ 1,925.67	\$ 2,003.97	\$ 1,824.69	\$ 2,110.98	
61520	RETIREMENT	\$ 25,627.00	\$ 25,784.83	\$ 157.83	-0.6%	\$ 2,197.63	\$ 2,112.91	\$ 2,035.33	\$ 2,235.83	\$ 2,045.96	\$ 2,138.69	\$ 2,448.73	\$ 1,944.26	\$ 2,171.68	\$ 2,171.66	\$ 2,093.64	\$ 2,188.51	
61530	GROUP INSURANCE	\$ 109,587.00	\$ 100,036.18	\$ 9,550.82	8.7%	\$ 9,132.26	\$ 9,132.26	\$ 9,132.26	\$ 9,132.26	\$ 9,132.26	\$ 8,037.04	\$ 8,037.04	\$ 8,037.04	\$ 7,565.94	\$ 7,565.94	\$ 7,565.94	\$ 7,565.94	
61540	DENTAL INSURANCE	\$ 4,738.00	\$ 4,899.52	\$ 161.52	-3.4%	\$ 394.96	\$ 394.96	\$ 394.96	\$ 394.96	\$ 394.96	\$ 436.04	\$ 436.04	\$ 436.04	\$ 404.15	\$ 404.15	\$ 404.15	\$ 404.15	
61650	LONG TERM DISABILITY	\$ 1,100.00	\$ 1,030.69	\$ 69.31	6.3%	\$ 77.08	\$ 77.08	\$ 77.81	\$ 117.62	\$ 78.42	\$ 78.42	\$ 79.02	\$ 85.69	\$ 79.63	\$ 119.44	\$ 80.24	\$ 80.24	
61660	POST EMPLOYMENT H.P.	\$ 10,725.00	\$ 1,310.00	\$ 9,415.00	87.8%	\$ 115.00	\$ 110.00	\$ 105.00	\$ 115.00	\$ 105.00	\$ 110.00	\$ 115.00	\$ 100.00	\$ 110.00	\$ 110.00	\$ 105.00	\$ 110.00	
	PERSONAL SERVICES TOTALS: \$	\$ 521,802	\$ 493,504.62	\$ 28,297.38	5.4%	\$ 48,569.01	\$ 42,892.36	\$ 39,226.77	\$ 42,281.31	\$ 39,344.79	\$ 39,695.33	\$ 44,243.18	\$ 36,885.99	\$ 39,695.32	\$ 39,729.12	\$ 38,607.51	\$ 42,333.93	\$ 0.00
*****	SUPPLIES	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
63110	OFFICE SUPPLIES	\$ 3,500.00	\$ 3,906.98	\$ 406.98	-11.6%	\$ 456.31	\$ 519.46	\$ 185.93	\$ 240.93	\$ 196.10	\$ 110.76	\$ 436.18	\$ 274.24	\$ 843.78	\$ 150.05	\$ 39.99	\$ 453.25	
63120	DUPLICATING SUPPLIES	\$ 3,000.00	\$ 2,830.91	\$ 169.09	5.6%	\$ 202.44	\$ 445.41	\$ 216.58	\$ 273.15	\$ 192.63	\$ 362.50	\$ 271.19	\$ 139.54	\$ 512.64			\$ 214.83	
63225	JANITOR SUPPLIES	\$ 4,500.00	\$ 3,234.78	\$ 1,265.22	28.1%	\$ 371.01	\$ 40.43	\$ 505.34	\$ 147.27	\$ 510.47	\$ 49.60	\$ 350.45	\$ 100.72	\$ 374.48	\$ 637.47		\$ 147.54	
63345	OTHER OPERATING SUPPLIES	\$ 1,200.00	\$ 614.45	\$ 585.55	48.8%	\$ 257.95			\$ 151.20				\$ 205.30					
63510	MOTOR FUELS	\$ 3,000.00	\$ 1,747.80	\$ 1,252.20	41.7%	\$ 300.81	\$ 196.92	\$ 302.87	\$ 313.06	\$ 133.86	\$ 90.95	\$ 106.48	\$ 48.24	\$ 237.36	\$ 11.33		\$ 5.92	
	SUPPLIES TOTALS: \$	\$ 15,200	\$ 12,334.92	\$ 2,865.08	18.85%	\$ 1,330.57	\$ 1,460.17	\$ 1,210.72	\$ 1,125.61	\$ 1,033.06	\$ 613.81	\$ 1,164.30	\$ 768.04	\$ 1,968.26	\$ 798.85	\$ 39.99	\$ 821.54	\$ 0.00
*****	OTHER	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
64175	COMPUTER SOFTWARE MAINTENANCE	\$ 2,600.00	\$ 3,006.86	\$ 406.86	-15.6%	\$ 490.80		\$ 510.00					\$ 1,119.39			\$ 826.67		
64285	CITY INFORMATION SERVICES	\$ 467.00	\$ 467.00	\$ 0.00	0.0%	\$ 77.84		\$ 389.16								\$ 60.00		
64286	VOIP - INFORMATION SERVICES	\$ 10,397.00	\$ 10,397.40	\$ 0.40	0.0%	\$ 1,732.90		\$ 8,664.50										
64710	MEALS	\$ 600.00	\$ 552.00	\$ 48.00	8.0%	\$ 164.00	\$ 16.00		\$ 66.00	\$ 150.00	\$ 156.00							
64715	LODGING	\$ 2,000.00	\$ 967.80	\$ 1,032.20	51.6%	\$ 282.00			\$ 282.00	\$ 407.19	\$ 3.39			\$ 195.22				
64725	MILEAGE	\$ 5,000.00	\$ 1,256.46	\$ 3,743.54	74.9%		\$ 395.62	\$ 359.15			\$ 306.47							
64730	PARKING & TOLLS	\$ 100.00	\$ 27.00	\$ 73.00	73.0%		\$ 17.00											
64735	VEHICLE RENTAL	\$ 7,500.00	\$ 7,053.99	\$ 446.01	5.9%	\$ 699.44	\$ 571.67	\$ 631.00	\$ 646.88	\$ 565.00	\$ 565.00	\$ 565.00	\$ 565.00	\$ 565.00	\$ 560.00	\$ 560.00	\$ 560.00	
64820	PHONE, DATA PROC. (VLS CONN)	\$ 1,700.00	\$ 1,672.08	\$ 27.92	1.6%	\$ 139.34	\$ 139.34	\$ 139.34	\$ 139.34	\$ 104.34	\$ 104.34	\$ 209.34	\$ 104.34	\$ 174.34	\$ 139.34	\$ 139.34	\$ 139.34	
64825	CELLULAR PHONE SERVICE	\$ 2,000.00	\$ 1,470.56	\$ 529.44	26.5%	\$ 135.06	\$ 135.36	\$ 139.92	\$ 137.64	\$ 137.73	\$ 137.73	\$ 137.73	\$ 130.93	\$ 132.39	\$ 132.39	\$ 67.66	\$ 46.02	
64855	POSTAGE	\$ 26,000.00	\$ 21,956.14	\$ 4,043.86	15.6%	\$ 112.90	\$ 4,277.00	\$ 137.80	\$ 3,901.24	\$ 202.91	\$ 1,967.34	\$ 55.60	\$ 297.27	\$ 3,995.71	\$ 4,044.69	\$ 2.40	\$ 2,961.28	
64910	PRINTING	\$ 16,800.00	\$ 15,690.00	\$ 1,110.00	6.6%		\$ 3,210.00	\$ 1,450.00	\$ 1,455.00		\$ 1,455.00	\$ 1,455.00	\$ 2,910.00	\$ 2,910.00	\$ 1,850.00		\$ 1,905.00	
64915	PHOTOCOPYING	\$ 10,000.00	\$ 6,509.19	\$ 3,490.81	34.9%	\$ 666.89	\$ 1,743.37	\$ 242.64	\$ 323.97	\$ 696.24	\$ 530.18	\$ 295.10		\$ 1,017.68	\$ 611.01	\$ 296.09	\$ 86.02	
64925	ADVERTISING	\$ 150.00	\$ 56.56	\$ 93.44	62.3%			\$ 56.56										
65295	CLIENT SERVICES	\$ 324,240.00	\$ 317,094.27	\$ 7,145.73	2.2%		\$ 28,996.34	\$ 25,392.35	\$ 26,066.55	\$ 26,299.10	\$ 26,066.55	\$ 25,680.32	\$ 25,971.22	\$ 26,417.19	\$ 26,434.95	\$ 26,664.03	\$ 53,105.67	
65660	DUES	\$ 100.00	\$ 100.00	\$ 0.00	0.0%									\$ 100.00				
65665	BOOKS	\$ 700.00	\$ 770.36	\$ 70.36	-10.1%		\$ 50.64			\$ 400.00		\$ 193.36			\$ 126.36			
65670	ENROLLMENTS	\$ 2,000.00	\$ 2,209.00	\$ 209.00	-10.5%		\$ 772.00			\$ 225.00	\$ 40.00	\$ 1,172.00						
65845	MISCELLANEOUS FEES	\$ 5,000.00	\$ 2,915.96	\$ 2,084.04	41.7%	\$ 94.01	\$ 45.71	\$ 620.71	\$ 70.76	\$ 103.45	\$ 101.26	\$ 316.76	\$ 15.76	\$ 101.26	\$ 15.76	\$ 100.76	\$ 1,329.76	
65910	PROPERTY/LIABILITY INSURANCE	\$ 1,977.00	\$ 2,817.40	\$ 840.40	-42.5%				\$ 2,814.00							\$ 3.40		
65920	VEHICLE INSURANCE	\$ 961.00	\$ 1,032.54	\$ 71.54	-7.4%				\$ 1,032.54									
65925	FLOOD INSURANCE	\$ 1,343.00	\$ 1,312.00	\$ 31.00	2.3%					\$ 1,312.00								
66110	ELECTRICITY	\$ 16,000.00	\$ 12,156.00	\$ 3,844.00	24.0%	\$ 1,355.93	\$ 2,152.47	\$ 1,636.72	\$ 1,498.71	\$ 704.15	\$ 727.03	\$ 823.99	\$ 872.47	\$ 756.12	\$ 760.96	\$ 479.78	\$ 387.67	
66115	NATURAL GAS	\$ 3,500.00	\$ 3,634.25	\$ 134.25	-3.8%	\$ 192.16	\$ 114.22	\$ 94.77	\$ 95.86	\$ 134.92	\$ 478.86	\$ 473.05	\$ 619.73	\$ 620.13	\$ 421.11	\$ 260.97	\$ 128.47	
66120	WATER & SEWER	\$ 2,100.00	\$ 1,991.60	\$ 108.40	5.2%	\$ 361.12		\$ 441.12		\$ 323.47	\$ 288.63		\$ 341.61				\$ 235.65	
66125	REFUSE DISPOSAL	\$ 500.00	\$ 468.00	\$ 32.00	6.4%	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	\$ 39.00	
66210	MOTOR VEHICLE REPAIR & MAINT	\$ 2,000.00	\$ 589.11	\$ 1,410.89	70.5%		\$ 138.98			\$ 278.18		\$ 11.97					\$ 159.98	
66220	OFFICE EQUIP REPAIR & MAINT	\$ 300.00	\$ 0.00	\$ 300.00	100.0%													
66225	BUILDING REPAIR & MAINT	\$ 8,000.00	\$ 3,408.52	\$ 4,591.48	57.4%		\$ 384.08				\$ 28.15	\$ 284.85	\$ 288.75	\$ 17.99	\$ 553.19	\$ 169.01	\$ 1,682.50	
66230	GROUPS EQUIP REPAIR & MAINT	\$ 300.00	\$ 361.32	\$ 61.32	-20.4%				\$ 49.99	\$ 211.54		\$ 73.06				\$ 26.73		
66275	COMPUTER EQUIP REPAIR & MAINT	\$ 4,800.00	\$ 6,243.40	\$ 1,443.40	-30.1%		\$ 286.62	\$ 52.19			\$ 623.93		\$ 957.72		\$ 75.23		\$ 4,247.71	
66410	OTHER EQUIP REPAIR & MAINT	\$ 100.00	\$ 0.00	\$ 100.00	100.0%													
66520	BUILDING RENT	\$ 6,115.00	\$ 6,115.20	\$ 0.20	0.0%	\$ 509.60	\$ 509.60	\$ 509.60				\$ 1,528.80		\$ 1,019.20	\$ 509.60	\$ 509.60	\$ 509.60	
	OTHER TOTALS: \$	\$ 465,350	\$ 434,301.97	\$ 31,048.03	6.67%	\$ 7,052.99	\$ 43,995.02	\$ 41,506.53	\$ 39,129.08	\$ 32,294.22	\$ 33,323.45	\$ 33,603.56	\$ 30,991.58	\$ 38,402.84	\$ 37,100.26	\$ 29,378.77	\$ 67,523.67	\$ 0.00
*****	CAPITAL	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
67210	BUILDINGS	\$ 0	\$ 4,241.80	\$ 4,241.80	0.0%					\$ 4,241.80								
67215	REPAIR/IMPROVEMENT TO BUILDINGS	\$ 0	\$ 1,951.97	\$ 1,951.97	0.0%			\$ 1,951.97										
67410	VEHICLES	\$ 0	\$ 26,622.00	\$ 26,622.00	0.0%													\$ 26,622.00
67415	OFFICE EQUIPMENT	\$ 2,000	\$ 7,873.50	\$ 5,873.50	-293.7%	\$ 131.00	\$ 225.28		\$ 123.89								\$ 2,143.08	\$ 5,250.25
	CAPITAL TOTALS: \$	\$ 2,000	\$ 40,689.27	\$ 38,689.27	-1934.46%	\$ 131.00	\$ 225.28	\$ 1,951.97	\$ 123.89	\$ 4,241.80	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 2,143.08	\$ 31,872.25
*****	EXPENSES TOTAL FOR AGENCY	\$ 1,004,352	\$ 980,830.78	\$ 23,521.22	2.3%	\$ 57,083.57	\$ 88,572.83	\$ 83,895.99	\$ 82,659.89	\$ 76,913.87	\$ 73,632.59	\$ 79,011.04	\$ 68,645.61	\$ 80,066.42	\$ 77,628.23	\$ 68,026.27	\$ 112,822.22	\$ 31,872.25
*****	REMAINDER TARGET% (OVER/UNDER SPENT)				0%													
					-\$ 23,521.22													
	EXPENSES MINUS PERSONAL SERVICES					\$ 8,514.56	\$ 45,680.47	\$ 44,669.22	\$ 40,378.58	\$ 37,56								

Nebraska Extension in Lancaster County Tax Budget FY 2020-2021		
	EXPENSES	FY2020-2021
OBJECT	ITEM	BUDGET
+++++	PERSONAL SERVICES	+++++
61210	REGULAR SALARIES	\$ 339,566.00
61250	TEMPORARY SALARIES	\$ 19,000.00
61310	OVERTIME	\$ 2,100.00
61510	FICA	\$ 27,591.00
61520	RETIREMENT	\$ 26,884.00
61530	GROUP INSURANCE	\$ 96,444.00
61540	DENTAL INSURANCE	\$ 5,232.00
61650	LONG TERM DISABILITY	\$ 1,071.00
61660	POST EMPLOYMENT H.P.	\$ 11,445.00
	PERSONAL SERVICES TOTALS: \$	\$ 529,333
+++++	SUPPLIES	+++++
63110	OFFICE SUPPLIES	\$ 3,700.00
63120	DUPLICATING SUPPLIES	\$ 3,200.00
63225	JANITOR SUPPLIES	\$ 4,800.00
63345	OTHER OPERATING SUPPLIES	\$ 1,200.00
63510	MOTOR FUELS	\$ 2,300.00
	SUPPLIES TOTALS: \$	\$ 15,200
+++++	OTHER	+++++
64175	COMPUTER SOFTWARE MAINT/LIC	\$ 2,800.00
64285	CITY INFORMATION SERVICES	\$ 6,870.00
64710	MEALS	\$ 600.00
64715	LODGING	\$ 1,800.00
64725	MILEAGE	\$ 4,000.00
64730	PARKING & TOLLS	\$ 100.00
64735	VEHICLE RENTAL	\$ 7,500.00
64820	PHONE, DATA PROC. (VLS CONNECT.)	\$ 1,700.00
64825	CELLULAR PHONE SERVICE	\$ 600.00
64855	POSTAGE	\$ 23,000.00
64910	PRINTING	\$ 15,000.00
64915	PHOTOCOPYING	\$ 10,000.00
64925	ADVERTISING	\$ 800.00
65295	CLIENT SERVICES	\$ 325,522.00
65660	DUES	\$ 100.00
65665	BOOKS	\$ 800.00
65670	ENROLLMENTS	\$ 2,500.00
65845	MISCELLANEOUS FEES	\$ 3,000.00
65910	PROPERTY/LIABILITY INSURANCE	\$ 3,067.00
65920	VEHICLE INSURANCE	\$ 1,107.00
65925	FLOOD INSURANCE	\$ 1,378.00
66110	ELECTRICITY	\$ 15,500.00
66115	NATURAL GAS	\$ 4,000.00
66120	WATER & SEWER	\$ 2,100.00
66125	REFUSE DISPOSAL	\$ 500.00
66210	MOTOR VEHICLE REPAIR & MAINT	\$ 2,000.00
66220	OFFICE EQUIP REPAIR & MAINT	\$ 300.00
66225	BUILDING REPAIR & MAINT	\$ 8,000.00
66230	GROUNDS EQUIP REPAIR & MAINT	\$ 500.00
66275	COMPUTER EQUIP REPAIR & MAINT	\$ 4,500.00
66410	OTHER EQUIP REPAIR & MAINT	\$ 100.00
66520	BUILDING RENT	\$ 6,115.00
	OTHER TOTALS: \$	\$ 455,859
+++++	CAPITAL	+++++
67415	OFFICE EQUIPMENT	\$ 2,000
	CAPITAL TOTALS: \$	\$ 2,000
+++++	+++++	+++++
	GRAND TOTAL EXPENSES FOR AGENCY	\$ 1,002,392
+++++	+++++	+++++
	INCOME	
58115	RENTAL INCOME	\$3,500.00
58595	OTHER MISCELLANEOUS	\$2,000.00
	GRAND TOTAL INCOME FOR AGENCY	\$5,500.00



Nebraska Extension in Lancaster County

Media



January 1, 2020 through December 31, 2020

Extension's Media Outreach

Nebraska Extension in Lancaster County utilizes multiple delivery methods to impact people in Lancaster County and beyond. Media outreach includes:

- Nebraska Extension in Lancaster County website at <http://lancaster.unl.edu>.
- Nebraska Extension in Lancaster County Government website at <https://lancaster.ne.gov/639/County-Extension>
- Online social media including Facebook, Twitter, YouTube, UNL Media Hub and Flickr.
- The NEBLINE newsletter, typically published monthly (except December) and mailed to nearly 10,400 households in Lancaster County. It is online as a print-friendly PDF version at <http://lancaster.unl.edu/neblines> and a web- and mobile-friendly e-newsletter version at <http://newsroom.unl.edu/announce/lancasterextension>. The e-newsletter version has nearly 540 subscribers.
- Many newspaper, radio and TV media communicate information about Extension events and/or contact Extension's experts about timely topics.

Contents in This Section

- Website and social media educational resources.
- NEBLINE 2020 front pages.
- Example coverage in Lincoln Journal Star and other local newspapers.

Lancaster County 4-H Helps Youth Grow Video



Lancaster County 4-H Helps Youth Grow overview video (3:45 minutes) is on YouTube at <http://go.unl.edu/4Hvideo>



Website & Social Media Educational Resources

Nebraska Extension in Lancaster County has an extensive web and social media presence. Here are the resources we utilized in 2020 to “Connect, Learn & Share.” A full list is available at <http://lancaster.unl.edu/media>. Summary of resources and links:

- **Nebraska Extension in Lancaster County Website** – lancaster.unl.edu
- **Nebraska Extension in Lancaster County Government Website** – lancaster.ne.gov/639/County-Extension
- **Facebook:**
 - Office - facebook.com/UNLExtensionLancasterCounty
 - Lancaster County 4-H (Nebraska) Club Program (Closed Group for members, family & alumni)
 - 4-H Embryology & 4-H EGG Cam - facebook.com/4HEGGCam
 - Nutrition Education Program (NEP) Lancaster County Extension - facebook.com/NEPLancaster
- **YouTube:**
 - Office - youtube.com/user/UNLExtensionLanCo
 - 4-H & Youth Programs - youtube.com/user/4HLancasterNE
- **Nebline & 4-H E-newsletters:**
 - Nebline E-newsletter - lancaster.unl.edu/nebline
 - 4-H E-newsletter - newsroom.unl.edu/announce/4h-lancaster
- **Twitter:**
 - Office - twitter.com/UNL_LancasterCo
 - 4-H & Youth Programs - twitter.com/LancasterCo_4H
- **Flickr** - flickr.com/photos/unextlanco/sets/
- **Blogs:**
 - The Buzz at Cherry Creek - buzzatcherrycreekunl.wordpress.com
 - Acreage Life – Nebraska – acreagenebraska.org
 - The Learning Child Blog – learningchildblog.com
- **Livestream** - lancaster.unl.edu/liveevents:
 - 4-H EGG Cam – lancaster.unl.edu/4h/embryology
 - Cherry Creek Pollinator Habitat – lancaster.unl.edu/pest/bees.shtml
 - Successful Farmer Series - lancaster.unl.edu/ag/successfulfarmerseries
 - Lancaster County Super Fair – lancaster.unl.edu/4h/fair/publicshowcases
- **UNL Media Hub** - mediahub.unl.edu
- **Extension TV** - extensiontv.unl.edu

Nebraska Extension in Lancaster County Websites – 2020:

Primary Website - <https://lancaster.unl.edu>:

*729,006 Unique Users (up 69,172 from last year)

*834,812 Page Views (up 68,736 from last year)

Content Category Page Views:

Pests: 258,039

Horticulture: 240,826

4-H: 129,251

Family: 53,795

Community: 29,979

Home Environment: 24,332

Food & NEP: 9,334

Agriculture: 8,861

Office Resources (Staff Info, Extension Board, Conference Room): 5,127

Nepline: 4,384

Environment: 3,021

Top 5 Country Locations of Site Users:

1. United States – 67.58%
2. Mexico – 4.58%
3. Canada – 3.46%
4. United Kingdom – 2.8%
5. Philippines – 2.33%

Top 5 U.S. State Locations of Site Users:

1. Nebraska – 109,578 Sessions
2. Texas – 29,080 Sessions
3. California – 26,987 Sessions
4. Illinois – 17,016 Sessions
5. Florida – 16,478 Sessions

Top Devices Used to Access:

1. Mobile – 61.7%
2. Desktop – 34.3%
3. Other – 4.0%

The screenshot displays the website for Nebraska Extension in Lancaster County. The header includes the University of Nebraska-Lincoln logo and navigation links. The main content area features several articles with images and titles, such as "Watch Chicks Hatch on 4-H Egg Cam!", "Staying Active in Winter", "Pine Trees or Evergreens?", "Recipe of the Month — MyPlate Snack Platter", and "Total Coliform Bacteria in Drinking Water". There is also a section for "Meet One of Your Local Extension Experts" featuring Emily Grappo. A sidebar on the right lists upcoming events and provides contact information for the extension office. The footer contains additional contact details and social media links.

***2020 Top 25 Nebraska Extension in Lancaster County Web Pages**

1. Live Cam: Lancaster County 4-H EGG Cam
2. Cockroach Control Manual Spanish Version pg. 3
3. Causes of Tomato Wilt and Death
4. Building Community-Schools Relationships
5. Choosing a Clay or Plastic Pot for Plants
6. Cockroach Control Manual Spanish Version pg. 6
7. Cockroach Control Manual Spanish Version pg. 7
8. Cockroach Control Manual Spanish Version pg. 8
9. Home Page
10. Feeding the 2-3 Month Old Baby
11. Start an Avocado From Seed - Youth Activity
12. Blow flies in the Home
13. Tips for Cleaning Windows
14. 366 Community Service Ideas for 4-H & Youth
15. Being a Role Model for Your Child
16. Cockroach Control Manual Spanish Version pg. 2
17. Embryology & EGG Cam 4-H School Enrichment
18. Easter Lily Care
19. Asparagus Weed Control
20. 4-H at Lancaster County Super Fair
21. When Vegetables Taste Bitter
22. Bagworm Control
23. Learning Sounds: 7-8 Month Old Baby
24. Velvet Ant or Cow Killer Ant
25. Lancaster County 4-H

UNL Media Hub: mediahub.unl.edu

10 videos created by Nebraska Extension in Lancaster are available – 2,442 Plays

Facebook:

4-H EGG Cam/4-H Embryology School Enrichment - facebook.com/4HEGGCam | Page
Followers = 1,510
41 Posts

4-H Club Program on Facebook - facebook.com/groups/220534921335797/
Closed Group for local 4-H Staff and 4-H Families/Volunteers - 613 Members
413 Posts

Nebraska Extension in Lancaster County Facebook

facebook.com/UNLExtensionLancasterCounty | Page Followers = 902
244 Total Posts

Flickr: flickr.com/photos/unlextlanco/collections/ | 26,391 Photos & 32 Videos added since joining in 2011. 2,838,929 Views.

YouTube:

Nebraska Extension in Lancaster County: youtube.com/UNLExtensionLanCo
43,652 Views | 10,300 Hours Watched | 829 Subscribers

Top 3 Videos:

1. Removing Head Lice Safely (from 2011) = 336 views
2. Landlord-Tenant Cash Rent Workshop (Dec. 14, 2020) = 175 views
3. Removing Head Lice Safely (Spanish) (from 2011) = 172 views

Lancaster County 4-H YouTube Channel: youtube.com/4HLancasterNE
160,710 Views | 7,576 Hours Watched | 2,570 Subscribers

Top 5 Videos

1. Candling Chick Eggs - Day 7 (from 2014) = 44,148 views
2. Turkey Hatching (from 2010) = 33,200 views
3. Hatching - Chick Starts to Break Out (from 2009) = 14,041 views
4. 2018 Lancaster County Super Fair Meat Goat Show (from 2018) = 9,073 views

EGGCam Livestream Stats:

New this year, EGGCam was livestreamed on the office YouTube channel to accommodate increased traffic due to Embryology changing from classrooms to virtual during COVID-19.

Day 7 Live Candling: April 14 = 216 peak concurrent viewers, 1,853 playbacks

Day 14 Live Candling: April 21 = 161 peak concurrent viewers, 1,343 playbacks

Live Hatch April 28 = 178 peak concurrent viewers, 4,549 playbacks, avg. watch time 23 min.

Day 7 Live Candling: May 19 = 150 peak concurrent viewers, 1,048 Playbacks

The Nebline E-newsletter:

541 email subscribers | 4,177 emails opened

**Statistics only tracks when recipients select “download pictures” or “display images.”*

Twitter:

- **Lancaster County 4-H:** twitter.com/LancasterCo_4H | 23,300 Impressions. Current Followers: 1,118
- **Nebraska Extension in Lancaster County:** twitter.com/UNL_LancasterCo | 29,300 Impressions. Current Followers: 1,802

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High-Quality Early Child Care is Important to Children and Communities

Taking part is your civic duty.

2020 Census

Everyone counts.

Preparing Water for Use in an Emergency

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School Enrichment Nutrition Kits (SEK)

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Grade-specific nutrition kits include lesson plans and supplies needed for teachers to present hands-on nutrition education experiences in their classrooms.

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Nebraska Extension Celebrates 20 Years of School Enrichment Nutrition Kits!

Fun Winter Gardening Projects

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Peterson reflects on time with Extension board

Michael Wunder

The Voice News

WAVERLY – After six years on the UNL Lancaster County Extension Board, rural Waverly resident Paula Peterson is stepping away.

The farmer and agriculture industry advocate said she joined the board to stay involved with the county.

"I have been very determined to stay active with 4-H and the youth in Lancaster County and Extension allows me opportunities to share what extension and 4-H is doing in our county," Peterson said in an email.

The experience provided Peterson with a lot of learning experiences.

"Being on the board let me see the world of Extension that reaches beyond 4-H. I got to learn about the in-school programs that we as a county are providing to students across the board," Peterson said. "I also got to see how many areas of the general public are reached with the programs available and that Extension isn't just for farmers but for all the residents in the county."

Peterson and her family farm multiple acres northwest of Waverly, alongside raising livestock. That professional experience was useful on the board.

"I was able to be one of the 'experts' at the Ag Awareness Festival that the Extension office sponsors to teach fourth graders about ag in Nebraska," she said. "I have been able to share about our beef operation and reach hundreds of students over the years."

Peterson said there were many highlights during her time on the board.

"The diversity of the board has let me meet so many people that I wouldn't have had the opportunity to get to know," she said. "All the board members either volunteer their time or support my Fun at the Farm exhibit



Courtesy of Paula Peterson

Rural Waverly resident Paula Peterson talks with students about agriculture. Peterson left the Lancaster County Extension Board at the end of 2019 after two three-year terms.

at the Lancaster County Fair. Getting to learn about Extension and its role in our county and state has been so eye-opening. This spring we went to Scottsbluff for the annual meeting of all the Extension boards across the state. It is a neat experience to see what similarities and differences each board faces."

The experience was valuable overall, and she said she would rec-

ommend serving on the board to those interested.

"I feel it is important to provide the ag perspective to the board," she said. "4-H has given my family so many opportunities I feel it is important to return the favor. For Extension to grow to fit the needs of people we have to have people willing to share those needs and look for solutions so if you have the opportunity, grab it."

TeamMates looks to recruit more mentors in Voice region

Jacilyn Bruns

The Voice News

VOICE NEWS REGION – January is National Mentorship Month and there's a big need for more TeamMates mentors in the schools across The Voice News region.

The Voice News coverage area has five TeamMates chapters which impact 275 students in grades 3-12. These local chapters would like to recognize their outstanding mentors for the time that they spend with their mentees and interest shown in mentees' growth and accomplishments.

In addition, TeamMates chapters at District OR-1, Freeman, Norris, Sterling and Waverly are participating in a challenge to recruit more mentors and meet the needs of their students waiting for a match.

The mission of the TeamMates Mentoring Program is to impact the world by inspiring youth to reach their full potential. TeamMates is working with more than 10,000 students across Nebraska and neighboring states. TeamMates is a school-based one-to-one mentoring program that provides support and encouragement to all school-aged youth.

A TeamMates mentor can make a difference in a student's life just by simply being there.

"We get a wide range of students, but a lot of them need an adult that will listen to them and provide them some support," said Lenny VerMaas, Norris TeamMates Board President. "Mentors have said it's something they enjoy and they get just as much out of it as the mentees do."

The Voice News Area TeamMates Challenge encourages readers to become a mentor for one of the local chapters. Over the next four weeks, the number of people that apply to be mentors will be recorded.

"There can be a little bit of friendly



15 years of existence.

"Our greatest success has been attracting our teachers and staff to mentor. Once we have a mentor, we can make a match within a week," said Michael Chaffee, Palmyra-Bennet-Douglas TeamMates Coordinator.

Presently, they have six students waiting for a match. Chaffee said they are always looking for mentors who want to connect with young people and make a difference in their lives - and in the lives of adults!

The Freeman TeamMates chapter almost always has half a dozen kids on the waiting list, according to Coordinator Teri Nieveen.

"It seems once we match someone, a couple more students come forward wanting a mentor, too! The reason these students are not matched is that we do not have enough mentors available," Nieveen said.

Freeman currently has 54 matches and their numbers have stayed in the 50's for the last several years. Nieveen said they will get close to 60 matches, then graduation happens.

"We always have students ready to step into the senior's place, but mentors are not always able to be rematched," Nieveen said.

Half of Sterling's 21 TeamMates mentors are teachers and half are community members, according to Coordinator Angie Bianchi. They have 10 students on the waiting list for mentors, many of them male students.

"Our chapter was in danger of closing due to low numbers of

Babcock attends National 4-H Congress in Atlanta

ATLANTA, Ga. — Ellie Babcock of Waverly was part of a 23-member Nebraska delegation attending National 4-H Congress last Nov. 29 to Dec. 3.

National 4-H Congress is a five-day educational experience held in Atlanta, Ga. and is the premiere nationwide event for 4-H'ers to network with others from around the country and Puerto Rico. During Congress, 4-H youth are exposed to leadership topics in the areas of communications and technology, the environment, agriculture, families, community development, youth and children. Educational experiences include seminars, guest speakers, volunteering opportunities and tours of At-

lanta. Additionally, all of the students were assigned a community service project in the Atlanta metro area. Ellie served with a group of delegates who mulched trees in Piedmont Park.

In Nebraska, youth were selected to attend National 4-H Congress based upon the achievements outlined in their 4-H Achievement Application. Babcock submitted hers in the area of Family and Consumer Science.

"National 4-H Congress was an amazing experience. I was able to connect with

4-H'ers from here in Nebraska and all over the country.

There were impactful speakers and workshops focused on strengthening leadership skills. Of course we were also able to see the sights of Atlanta including the CNN studio, the Atlanta History Museum and the Coca-Cola Museum. One of my takeaways is that an important part of being a true

leader is to build up and communicate to the team around me. All in all, I was able to step out of my comfort zone and experience how to be a 4-H'er that goes beyond," said Babcock.



Ellie Babcock

Extension News

by Sarah Browning, Nebraska Extension Horticulture Educator

Let There Be Light... for Your Houseplants

Many people enjoy growing houseplants, watching them grow or bloom. According to WebMD, the following benefits are a few of those provided by houseplants.

Add moisture to the air. Low indoor humidity increases your chances of catching a cold or flu, or having dry itchy skin.

Purify the air by removing volatile organic compounds. Good air-scrubbers include English ivy, asparagus fern and dracaena.

They lift our moods, reduce stress, help us worry less and help us recover faster. Blooming plants are a particularly good pick-me-up.

A common challenge facing houseplants indoors, particularly in winter, is poor light. Most homes are not well lighted for plants, especially those requiring lots of light.

Signs your plants are not getting enough light can be seen as small leaves, long thin stems, failure of blooming plants to flower and lighter-than-normal colored foliage. For example, a geranium grown in low light tends to be spindly and have light green leaves, while the same plant in bright light will be shorter, better branched, with larger dark-green leaves.

Evaluating Indoor Light Levels

Generally, the brightest location in any home is at a south window, while the darkest is across the room from a north window. About the same amount of light is available for plants from an east or west window, however, a west window location is general warmer than an eastern window. If light intensity in a south window is 100 percent, east and west exposure is about 60 percent and north exposure 20 percent.

Seasonal variations in light intensity also have to be considered. Plants growing well in an east window in summer may require a south window in winter.

Adding Light

If natural indoor light levels limit plant growth, adding supplemental lighting can solve the problem. Plants that barely existed with natural light will thrive when provided 12 to 16 hours daily of supplemental light. First, realize light intensity is directly related to distance from the light source, i.e. the nearer a plant is to the light, the higher intensity light it receives. Moving a plant closer to a bright window increases light intensity, while moving one slightly further away cuts light intensity very quickly. The same is true of plant distance to a supplemental light source.

Before choosing a light, it's important to understand certain colors or wavelengths of light are more important for plant growth

than others. Plants need blue and red wavelengths for photosynthesis and basic growth, while infrared light must also be present for blooming plants. Plants get very little energy from yellow or green light wavelengths.

Incandescent or fluorescent lights can be used to supplement indoors however, incandescent or standard light bulbs produce a lot of heat and are not very efficient electricity users. A standard light bulb has a life of about 1,000 hours, while a fluorescent tube life is normally 10,000 hours or more. Incandescent lights produce mostly red wavelengths, with some infrared, but very little blue.

For these reasons, fluorescent lights are more commonly used to supplement plant growth and are cool enough they can be placed very close to plants, thus increasing light intensity. Standard cool white fluorescent lights – whether tubes or compact fluorescent bulbs – produce mostly blue light and are low in red. Most foliage plants grow just fine with this spectrum of supplemental light; however, you may need to use special horticultural-type fluorescent lights or "grow bars" for blooming plants which require higher levels of red light wavelengths.

LED grow lights provide both blue and red light wavelengths and can be used in the same way as a fluorescent "grow bar."

When growing transplants or seedlings in the winter months, positions lights 3 to 6 inches above plant leaves and raise the light as plants grow.

Other Ways to Manage Low Light Levels

If you don't have the time, money or inclination to add lights, another way to deal with low indoor light levels is choosing plants which prefer or tolerate low light intensities. Houseplants can be classified according to their light needs, from those tolerant of low light to those requiring very high light intensity.

A partial list of plants tolerant to low light includes Boston fern (*Nephrolepis*), Chinese evergreen (*Aglaonema* sp.), Cast iron plant (*Aspidistra* sp.), peace lily (*Spathiphyllum* sp.), philodendron, ponytail palm (*Beaucarnea recurvata*) and snake plant (*Sansevieria*).

Don't Go To Extremes

Light that is too intense causes "sunburning" on plant foliage. Affected leaves develop pale patches, which eventually turn brown and die. If these symptoms develop, try moving the plant further away from the light source.

Sarah Browning is an Extension educator with Nebraska Extension and can be contacted by phone 402-441-7180, by mail at 444 Cherylcreek Road, Lincoln, NE 68528; or by e-mail sarah.browning@unl.edu.

Church Services

United Methodist Alvo
Sunday: Worship, 9 a.m.
Evangelical Covenant Church, Ceresco
Sunday: Worship, 9:30 a.m.
Immanuel Lutheran Church, Ceresco
Sunday: Worship, 9:30 a.m.
United Methodist Church Ceresco
Sunday: Worship, 11 a.m.
St. Mary's Catholic Church, Davey
Sunday: Mass, 8 and 10 a.m.
Bethlehem Lutheran Church, Davey
Sunday: Sunday school, 9:15 a.m.; worship, 10:30 a.m.;
Immanuel Lutheran Church, Eagle
Sunday: Worship, 9 a.m.; Sunday school, youth, and adult Bible class, 10:15 a.m.;
United Methodist Church Eagle
Sunday: Sunday school, 9:45 a.m.; worship, 11 a.m.
Christian Church Greenwood
Sunday: Worship, 10 a.m.
Cedar Hill United Methodist, Greenwood

Sunday: Worship, 11 a.m.
St. Joseph's Catholic Church, Greenwood
Sunday: Mass, 10:30 a.m.
United Methodist Church Prairie Home
Sunday: Worship, 9:30 a.m.
United Methodist Church Raymond
Sunday: Sunday school, first to seventh grade, 9:15 a.m.; up to five year olds during worship; worship, 10:30 a.m.
Grace Lutheran Church Swedeburg
Sunday: Worship, 10 a.m.
St. Mary's and Joseph Catholic, Valparaiso
Saturday: Mass, 4 p.m.
Sunday: Mass, 8 and 10 a.m.
United Methodist Church Valparaiso
Sunday: Worship, 8:30 a.m.
Trinity Lutheran Church Walton
Sunday: Adult Bible class, 9 a.m.; worship, 10 a.m.
Grace Lutheran Church Walton
Sunday: Sunday school, 9 a.m.; worship: 10 a.m.

Bethlehem Covenant Church, Rural Waverly
Sunday: Worship, 8:30 and 10:30 a.m.
Wednesday: Circle of Friends, grades K-5, 5:45 p.m.; Break-Out, grades 6-8, men's Bible study, women's Bible study, Collide, grades 9 to 12, 7:30 p.m.
Peace Lutheran Church Waverly
Sunday: Majestic Praise worship, 8 a.m.; Sunday school, 9:15 a.m.; Hearts Rejoicing worship, 10:30 a.m.;
Wednesday: Boot Camp, 5:30 a.m.; chapel worship, 10:10 a.m.; praise and media team rehearsal, 7 p.m.
Friday: Boot Camp, 5:30 a.m.
First United Methodist Church, Waverly
Sunday: Worship, 9 a.m. and 11 a.m., Sunday school, 10 a.m.
Tuesday: Boy Scouts, 7 p.m.
Davey St. Mary's Catholic Church
Saturday: Mass, 5:30 p.m.
Sunday: Mass, 8 a.m. and 10 a.m.

Seek the Lord by Pastor Dan Safarik

Is There Power in Prayer?

In a small Texas town called Mt. Vernon, Drummond's Bar began construction of a new building to increase their business. The local Baptist church started a campaign to block the bar from opening with petitions and prayers. Work progressed right up until the week before opening when lightning struck the bar and it burned to the ground.

The church folks were rather smug in their outlook after that, until the bar owner sued the church on the grounds that the church was ultimately responsible for the demise of his building, either through direct or indirect actions or means. The church vehemently denied all responsibility or any connection to the building's demise in its reply to the court.

As the case made its way into the court, the judge looked over the paperwork. At the hearing, the judge commented, "I don't know how I'm going to decide this, but it appears from the paperwork, we have a bar owner who believes in the power of prayer and an entire congregation that does not!"

Most of us do not realize how much power there is in prayer and faith. One of the most amazing things about faith and prayer is that we can have faith for others and we can pray for others. There are many examples of people having faith for others. It is called "Vicarious Faith".

One of the greatest stories of vicarious faith in the Bible is a Roman soldier having faith for his servant. The Roman soldier was a centurion. He was in charge of a hundred other soldiers. The centurion was worried his servant would die and asked Jesus to

just say the word and his servant would be healed. Jesus offered to go to the servant but the centurion said he understood authority and he believed Jesus had authority to heal by just saying the words of healing from a distance. When Jesus heard the centurion's request Jesus marveled and said he hadn't seen faith like that in all of Israel. Of course, Jesus healed the servant. You can read about this wonderful story in Luke 7:1-10.

Someone once told me, the most important praying for us is done by someone else. We can pray for ourselves but when someone else prays for us – that's special. If a person says, "Pastor, I've been praying for you lately," It means so much!

There is great power in vicarious believers. We all need help. We can share our faith and prayers with others. This is just a great thing for parents. Parents need to know they can have faith for their kids. Hopefully, parents are praying and believing for their kids when they are little so that when they grow up they can take over their own faith. Some people come to the Lord in a lightning bolt experience. That's okay for some, but I think God intended for it to be as natural as breathing, people having faith for us until we have faith for ourselves.

One last thought for the day. The centurion came to Jesus asking nothing for himself. In seeking healing for his servant he found the Lord of his own life. Are there blessings for those who intercede for others?

Prayer: Our Lord, remind us of the power of prayer, especially for those who pray for others. Amen.

Youth honored at 4-H awards celebration

SUBMITTED BY VICKI JEDLICKA, Nebraska Extension in Lancaster County

Nebraska Extension in Lancaster County presented its annual 4-H Achievement Celebration on Feb. 11. A week earlier, Lancaster County Board of Commissioners signed a proclamation declaring Feb. 11 as "4-H Achievement Day." 4-H members, clubs and leaders were recognized for their many 2019 achievements.

Nebraska 4-H Achievement Award

The Nebraska 4-H Achievement Application is a record of a 4-H member's annual achievements in 4-H, including accomplishments, leadership experiences, community service and career exploration.

Completed a junior application — Noah Babcock (Waverly), Samuel Babcock (Waverly), Clare Bauman (Lincoln), Reagan Breiter (Lincoln), Aleyna Cuttlers (Raymond), Khloe Cuttlers (Raymond), Adam Gabel (Lincoln), Erhan Gabel (Lincoln), Morgan Gabel (Lincoln), Kylie Hansen (Lincoln), Vanessa Peterson (Lincoln), Micah Prachell (Lincoln), Parker Smith (Lincoln), Pearce Smith (Lincoln), Preston Smith (Lincoln).

Completed a senior application — Ellie Babcock (Waverly), Madelyn Kreifels (Lincoln), Riley Peterson (Lincoln), Taylor Yake (Lincoln).

Community Service Awards

Presented to 4-Hers who have completed the most hours of community service.

Age 13 and under — Samuel Babcock (Waverly), Brooklyn Blunt (Lincoln), Jonathan Cook (Lincoln), Aleyna Cuttlers (Raymond), Khloe Cuttlers (Raymond), Andrew Frain (Lincoln), Dailee Guthrie (Lincoln), Kylie Hansen (Lincoln), Misha Lunquist (Raymond), Nettle Lunquist (Raymond), Vanessa Peterson (Lincoln), Alexa Smith (Lincoln), Hannah Thomson (Palmyra), Reagan Tonkin (Lincoln), Ava Vogel (Martell), Conner Vogel (Martell), Kamryn Wanser (Lincoln), Lily Woolege (Hickman).

Age 14 and over — Mindy Bartels (Lincoln), Thomas Cook (Lincoln), Nathan Gabel (Lincoln), Abigail Kreifels (Lincoln), Madelyn Kreifels (Lincoln), Katie Nepper (Lincoln), Eliese Schwinck (Lincoln), David Swetek (Lincoln), Elena Thomson (Palmyra), Avery Tonniges (Waverly).

Diamond Clover Program

This statewide program encourages 4-H members to engage in a variety of projects and activities. Every 4-H'er who participates can earn recognition. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, they complete a report that documents their accomplishments. Youth may progress from Levels 1-6.

Level 1 — Amethyst: Anna Bals (Lincoln), Ellie Bonenberger (Lincoln), Josiah Boysen (Lincoln), Joey Branch (Lincoln), Reagan Burkund (Lincoln), Ellie Carpenter (Lincoln), Maggie Carpenter (Lincoln), Collette Essay (Lincoln), Frankie Fendrick (Lincoln), Adam Gabel (Lincoln), Stacia Grosserode (Lincoln), Andrina Hance (Lincoln), Giselle Hance (Lincoln), Parker Hansen (Lincoln), Sydney Kruse (Lincoln), Grace Mentzer (Lincoln), Bailey Petersen (Lincoln), Maria Polk (Lincoln), Gianna Russman (Lincoln), Carson Schultze (Lincoln), Mabel Sobansky (Lincoln), Eva Thompson (Lincoln), Mya Thompson (Lincoln), Reagan Tonkin (Lincoln), Anastasia Yallaly (Lincoln), Cecilia Yallaly (Lincoln), Isabel Yallaly (Lincoln).



This year's Outstanding 4-H Members are Ellie Babcock (left) and Sidney Froistad.



National Leadership Award winners are (from left) John Sump, John Swetek and Nathan Gabel. Not pictured is David Swetek.

Level 2 — Aquamarine: Vyvian Alstrom (Lincoln), Isaac Baehr (Lincoln), Emily Bauman (Lincoln), Brooklyn Blunt (Lincoln), Bethany Budell (Lincoln), Isabel Buss (Lincoln), Elise Chadwick (Lincoln), Khloe Cuttlers (Raymond), Kate Diederich (Lincoln), Rosalyn Frese (Lincoln), Scarlett Fulkerson (Lincoln), Kaitlyn Giles (Lincoln), Dailee Guthrie (Lincoln), Isabella Hytrek (Cortland), Josie Johnson (Walton), Abby Kruse (Lincoln), Kennedy McCarville (Lincoln), Elizabeth Moje (Lincoln), Vanessa Peterson (Lincoln), Catherine Polk (Lincoln), Susannah Schulte (Lincoln), Jacalyn Srb (Lincoln), Julia Srb (Lincoln), Lily Woolege (Hickman).

Level 3 — Ruby: Jacob Bauman (Lincoln), Kaylee Boysen (Lincoln), Gracie Czyz (Walton), Grace Diederich (Lincoln), Andrew Frain (Lincoln), Morgan Gabel (Lincoln), Sarah Lange (Raymond), Claire Polk (Lincoln), Lily Russman (Lincoln), Preston Smith (Lincoln), Emma Thomson (Palmyra), Kamryn Wanser (Lincoln).

Level 4 — Sapphire: Clare Bauman (Lincoln), Aleyna Cuttlers (Raymond), Celia Faith (Lincoln), Ethan Gabel (Lincoln), Kylie Hansen (Lincoln), Parker Smith (Lincoln), Hannah Thomson (Palmyra).

Level 5 — Emerald: Clara Johnson (Walton), Riley Peterson (Lincoln), Eliese Schwinck (Lincoln), Pearce Smith (Lincoln), Avery Tonniges (Waverly).

Level 6 — Diamond: Ella Hendricksen (Lincoln), Abigail Kreifels (Lincoln), John Sump (Lincoln).

Nebraska 4-H Clubs Of Excellence

These clubs have met the criteria outlined by the State 4-H Office to be considered a "Club of Excellence." Some of the criteria includes: choose elect youth officers, have one club project that members do together and complete one community service project.

Clever Clovers, Cornerstone Equestrian, Fantastic 4, Five Star 4-H'ers, Fusion 4-H'ers, Go Go Goat Getters, Joe's Clover Knights, JP2 Crew, MoPac 4-H Club, Rabbits R Us, Teen Council.

Outstanding 4-H Clubs

To encourage participation in the county fair, Lincoln Center Kiwanis Club awards traveling trophies to the top 4-H clubs participating in the Lancaster County Super Fair. One category winner is awarded the Wayne C. Farmer Memorial Cup as the overall Outstanding 4-H Club for the year. Clubs receive points based on all members' total fair exhibit and contest placings. The Outstanding 4-H Clubs were also recognized at a Kiwanis meeting.

Category I (membership of 5-10): Boots N' Hooves of the Lincoln and Waverly area — The club's 10 members were enrolled in horse and dog project areas and entered 143 total exhibits at the fair. This is the club's first year as an outstanding 4-H club. Teresa Brandt and Sheri Hampton are the leaders.

Category II (membership of 11-20) and Wayne C. Farmer Memorial Cup winner: Fusion 4-H'ers of Lincoln — The club's 12 members were enrolled in approximately 15 project areas and entered 186 total exhibits at fair. This is the club's third year as an outstanding 4-H club and Wayne C. Farmer trophy winner. Marsha Prior and Analisa Peterson are the leaders.

Category III (membership of 21 or more): Joe's Clover Knights of the Lincoln area — The club's approximately 100 members were enrolled in at least 15 project areas and entered approximately 320 total exhibits at fair. This is the club's second year as an outstanding 4-H club. Anne Johnson is the leader.

National Leadership Award

Each year, Lancaster County 4-H selects 4-H members to be awarded the National Leadership Award on behalf of the American Youth Foundation. Lancaster County 4-H Council pays the award fees. The award recognizes youth ages 15-18 who strive to be their personal best and make a positive difference in their schools, youth groups, 4-H clubs and communities.

Nathan Gabel (Lincoln), John Sump (Lincoln), David Swetek (Lincoln), John Swetek (Lincoln).

Outstanding 4-H Members

Presented to individuals 14 years of age or older who have excelled in his/her involvement with the Lancaster County 4-H program. Selection is based on participation in a wide variety — and depth of — 4-H activities.

Ellie Babcock (Waverly) has had a truly amazing 10-year 4-H career. She has been a member of the Shamastic Clovers club (serving as secretary for 1 year and president for 2 years), Teen Council and 4-H Council (serving as vice president for 2 years). Ellie has modeled original garments at Omaha Fashion Week two years in a row and attended National 4-H Congress. She has helped organize and present many 4-H workshops, including at Clover College.

Sidney Froistad (Lincoln) has been very involved in 4-H for 7 years as a member of Lucky Lopers and Prairie Star 4-H horse clubs (serving as president of Prairie Star for 6 years). She's competed at the Western National Roundup two years in a row. Sidney has helped present at many 4-H horse clinics and at Clover College, as well as helping organize a mock horse judging contest.

4-H Meritorious Service

Presented to individuals or organizations who have exhibited consistent and strong support of the Lancaster County 4-H program.

Shirley Condon and Sheri Ramirez, both of Lincoln, have served together nearly 20 years as leaders of the Pet Pals 4-H club and superintendents of the 4-H Household Pets Show at the Lancaster County Super Fair. Shirley has given 38 years of service to 4-H as a member of 4-H Council, Clover College instructor, 4-H recruiter, key leader, county fair 4-H judge and record-book awards judge. Sheri has given 25 years of service to 4-H as leader of the Flamings 4-H club, volunteer with Character Counts, Clover College helper and is currently on 4-H Council.

County 4-H Horse Hippology Team places 2nd at Western National Roundup

SUBMITTED BY VICKI JEDLICKA, Nebraska Extension in Lancaster County

Several Nebraska 4-H youth attended the Western National Roundup Jan. 8-12 in Denver. The conference, now in its 100th year, is held annually in January, coinciding with the National Western Stock Show. This year's theme was "Celebrating a Century of Leaders."

To qualify, each team and individual were required to win their state competition.

The Lancaster County 4-H Horse Hippology Team of Emmi Dearmont, Sidney Froistad, Katherine Moyer and Sidney Schlesinger (coached by Andy Dearmont) earned overall second place as a team in the Western National Contest. In addition, they were second in team problem solving, third in team stations, fourth in team exam/slides and fifth in team judging.

Individually, Dearmont



The Lancaster County Horse Hippology Team.

placed ninth in high individual judging. Froistad was seventh in high individual stations and ninth in high individual overall. Schlesinger finished sixth in high individual stations, 10th in the high individual written exam/slides and seventh in high indi-

vidual overall. Other Nebraska contestants placed first in Horse Presentations, third in Horse Bowl, fifth in Horse Public Speaking and ninth in Horse Judging. Team Nebraska earned High Overall State Award 1st place — national champions!

Haman receives March Heart of 4-H Award

SUBMITTED BY VICKI JEDLICKA, Nebraska Extension in Lancaster County

Lancaster County 4-H has named Clayton Haman of Denton as winner of the March "Heart of 4-H Award" to recognize his outstanding volunteer service.

For about 15 years, Haman has helped provide fertile chicken eggs for the Lancaster County Embryology 4-H school enrichment program. Third grade students hatch chicks in classrooms as they learn about the development of embryos. 4-H EGG Cam allows viewers around the world to witness the amazing process of chicks hatching.

After the chicks hatch and spend about five days in classrooms or on EGG Cam, Haman then provides a home for some of them. He once provided turkey eggs to hatch on 4-H EGG Cam!

"I like helping young people



Clayton Haman

enjoy experiences they would otherwise never have had the opportunity to have," Haman said. "This is my way of paying back to the 4-H program that helped me grow as a person. My favorite experience as a 4-H volunteer was having eggs on the EGG Cam and my son's ag class in Mullen watched the chickens hatch."

Members recognized at Lancaster County 4-H Achievement Celebration

LINCOLN – Nebraska Extension in Lancaster County presented its annual 4-H Achievement Celebration on Feb. 11. A week earlier, the Lancaster County Board of Commissioners signed a proclamation declaring Feb. 11 as "4-H Achievement Day." 4-H members, clubs and leaders were recognized for their many 2019 achievements. The following area youth were recognized.

Nebraska 4-H Achievement Award: The Nebraska 4-H Achievement Application is a record of a 4-H member's annual achievements in 4-H, including accomplishments, leadership experiences, community service and career exploration.

Members who completed a junior application are Noah Babcock and Samuel Babcock of Waverly and Aleyana Cuttlers and Khloe Cuttlers of Raymond.

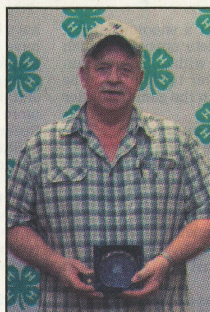
Members who completed a Senior application include Ellie Babcock of Waverly.

Community Service Awards: Presented to 4-H members who have completed the most hours of community service.

Members age 13 and under are Samuel Babcock of Waverly, Aleyana Cuttlers, Khloe Cuttlers, Mischa Lunquist and Nettie Lunquist of Raymond.

Members age 14 and over include Avery Tonniges of Waverly.

Diamond Clover Program: The Nebraska 4-H Diamond Clover Program is a statewide program which encour-



FORTY YEARS: Harry Muhlbach of Raymond, who has volunteered with 4-H for 40 years, was recognized during the annual 4-H Achievement Celebration on Feb. 11.

ages 4-H members to engage in a variety of projects and activities. Every 4-H member who participates can earn recognition. At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments. Youth may progress from Level 1 to 6.

Level 1 – Amethyst: Audrina Hance and Giselle Hance of Eagle.

Level 2 – Aquamarine: Khloe Cuttlers of Raymond and Josie Johnson of Walton

Level 3 – Ruby: Gracie Czyz of Walton and Sarah Lange of Raymond.

Level 4 – Sapphire: Aleyana Cuttlers of Raymond.

Level 5 – Emerald: Clara



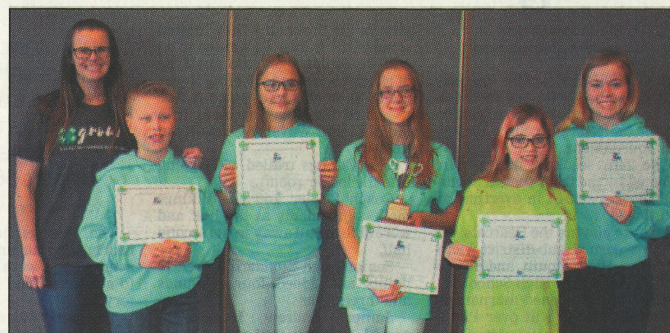
OUTSTANDING MEMBER: Ellie Babcock of Waverly was named an Outstanding 4-H Member, completed a Nebraska 4-H Achievement Award senior application and received three college scholarships through 4-H.

Johnson of Walton and Avery Tonniges of Waverly.

Dog Versatility Award: This Lancaster County Super Fair award is awarded to individuals who enter the same dog in obedience, showmanship and agility – and earns a ribbon in each area.

Members include Sarah Lange of Raymond and Taylor Root of Walton.

Outstanding 4-H Clubs: To encourage participation in the county fair, Lincoln Center Kiwanis Club awards traveling trophies to the top 4-H clubs participating in the Lancaster County Super Fair. One category winner is awarded the Wayne C. Farmer Memorial Cup as the overall Outstanding 4-H Club



OUTSTANDING CLUB: The Boots N' Hooves 4-H horse club was recognized at a Lincoln Center Kiwanis meeting and 4-H Achievement Celebration as Outstanding 4-H Club for 2019.

for the year. Clubs receive points based on all members' total fair exhibit and contest placings. The Outstanding 4-H Clubs were also recognized at a Kiwanis meeting.

Category I (membership of five to 10): Boots N' Hooves of the Lincoln and Waverly area; the club's 10 members were enrolled in horse and dog project areas and entered 143 total exhibits at the fair. This is the club's first year as an outstanding 4-H club. Teresa Brandt and Sheri Hampton are the leaders.

Outstanding 4-H Member: Presented to individuals 14 years of age or older who have excelled in his or her involvement with the Lancaster County 4-H program. Selection is based on participation in a wide variety, and depth of, 4-H activities.

Ellie Babcock of Waverly

has had a truly amazing 10-year 4-H career. She has been a member of the Shamastic Clovers club (serving as secretary for one year and president for two years), Teen Council and 4-H Council (serving as vice president for two years). Ellie has modeled original garments at Omaha Fashion Week two years in a row and attended National 4-H Congress. She has helped organize and present many 4-H workshops, including at Clover College.

College Scholarships: The Lancaster County 4-H program offers a variety of college scholarships to active senior 4-H members.

Ellie Babcock of Waverly earned three scholarships. For her active role in Lancaster County 4-H she was awarded a \$700 scholarship. For active Teen Council

membership, \$300 and the Dick Fleming Leadership and Communication scholarship of \$250 to a 4-H member who has excelled in leadership and communication through 4-H.

4-H Milestone Pin Recipients: 2020 4-H Seniors include Ellie Babcock, Ruby Molini and Avery Tonniges of Waverly, Triston LaMay and Abby Stephens of Davey, David LaPlante of Greenwood, Megan Lange, Grace Pelan, Blake Stanley and Skylar Sterns of Raymond.

Three Year Members include Kolbee Kroemer of Waverly.

Two Year Leaders include Brad LaMay of Davey.

Five Year Leaders include Ruth Chantry and Pamela Cuttlers of Raymond.

Forty Year Leader is Harry Muhlbach of Raymond.

Blezek receives the statewide extension board volunteer award

SUBMITTED BY VICKI JEDLIKA,
Nebraska Extension in Lancaster County

At the Nebraska Association of County Extension Boards (NACEB) annual meeting in February, Allen Blezek of Lincoln received the organization's statewide Outstanding Volunteer award for significant contributions to Nebraska Extension.

Blezek was nominated by Karen Wobig, Extension educator and unit leader of Nebraska Extension in Lancaster County, for being a key volunteer and strong advocate for Extension and NACEB.

A long-time supporter of Extension, Blezek began his volunteer service on the Lancaster County Extension Board in January of 2014, serving as vice president in 2018 and as president in 2019. He served two terms, which spans the maximum of six years.

He has volunteered countless hours to NACEB. He initiated numerous meetings with the NACEB district director, Extension administration and others, to look at ways to enhance NACEB's mission and the roles of its membership.

"Allen Blezek has selflessly empowered others to impact lives and com-



COURTESY PHOTO

(From left) Dean and Director of Extension Chuck Hibberd, Allen Blezek and 2019 NACEB President Steve Stetner.

munities across Nebraska," said Lancaster County NACEB Director Wes Daberkow.

Blezek graduated from the University of Nebraska-Lincoln, initially teaching vocational agriculture. After earning

master's and doctorate degrees, he joined the UNL faculty. A highlight of his career was serving as director of the Nebraska LEAD Program (a national agricultural leadership development program) for nearly 25 years.

NEBRASKA HORTICULTURE

Normal precautions make foods safe

The coronavirus and COVID-19 have instigated a new normal for us all, affecting almost every aspect of life. We are all aware of the



SARAH BROWNING

everyday preventive actions the Centers for Disease Control and Prevention (CDC) recommends.

- Avoid close contact with others.
- Avoid touching your eyes, nose and mouth with unwashed hands.

- Clean your hands often, including before eating or preparing food.

- Clean and disinfect frequently touched surfaces daily.

- Cover coughs and sneezes.

- Stay at home if you're sick.

Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. A sick person coughs or sneezes and moisture droplets containing virus land in the mouth or nose, or are inhaled, by healthy people nearby.

But what are the facts related to coronavirus and the safety of our food? Let's look at CDC guidance for answers to four common food-related questions.

Can I get sick from eating food contaminated with COVID-19 virus particles?

CDC statement: "Currently there is no evidence showing transmission of the virus through food." This does include fresh produce.

Can I get sick from handling a food package contaminated with virus particles?

Coronaviruses have poor survival on surfaces. There is very low risk of disease spread through food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated or frozen temperatures.

The CDC states, "It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads." Follow good hygiene and hand washing practices before preparing food or eating to alleviate concerns due to handling food packaging.

What about imported products?

CDC statement: "Currently there is no evidence to support transmission of COVID-19 associated with imported goods and there have not been any cases of COVID-19 in the United States associated with imported goods."

How should fresh produce be washed to reduce the risk of any food borne pathogen?

Remember, there is no evidence COVID-19 can be transmitted through food, but these guidelines are good basic practices for cooks at any time when cleaning produce.

1. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

2. Remove the outermost leaves of a head of lettuce or cabbage.

3. Clean fruits and vegetables before peeling, by gently rubbing while holding them under running water. Do this even with produce you plan to peel. Germs on the peel or skin can get inside fruits and vegetables when you cut them. There's no need to use soap or a produce wash—use plain water only.

4. Use a clean vegetable brush to scrub firm produce, such as potatoes, melons and cucumbers.

5. Dry the produce with a clean paper towel.

6. Refrigerate fruits and veg-



PIXABAY

Using general good hygiene practices alleviates the risk of infection from handling or ingesting fresh foods.



PIXABAY

Wash vegetables and fruits carefully, even if you intend to peel them before you eat them. A brush can help clean firm produce such as potatoes, melons and cucumbers.

etable within 2 hours after you cut, peel or cook them. Or 1

hour if air temperature is 90°F or warmer. Chill them at 40°F



PIXABAY

Coronavirus doesn't survive well on surfaces, including food packaging.

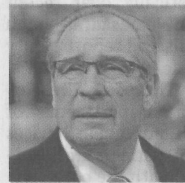
or colder in a clean container.

Sarah Browning is an extension educator with Nebraska Extension. To ask a question or reach her, call 402-441-7180 or write to her at sarah.browning@unl.edu or 444 Cherry Creek Road, Lincoln, NE 68528.

LINCOLN JOURNAL STAR

Playing the waiting game

Moos calls wait for Big Ten football schedule 'uncomfortable.' SPORTS, B1



Cash request

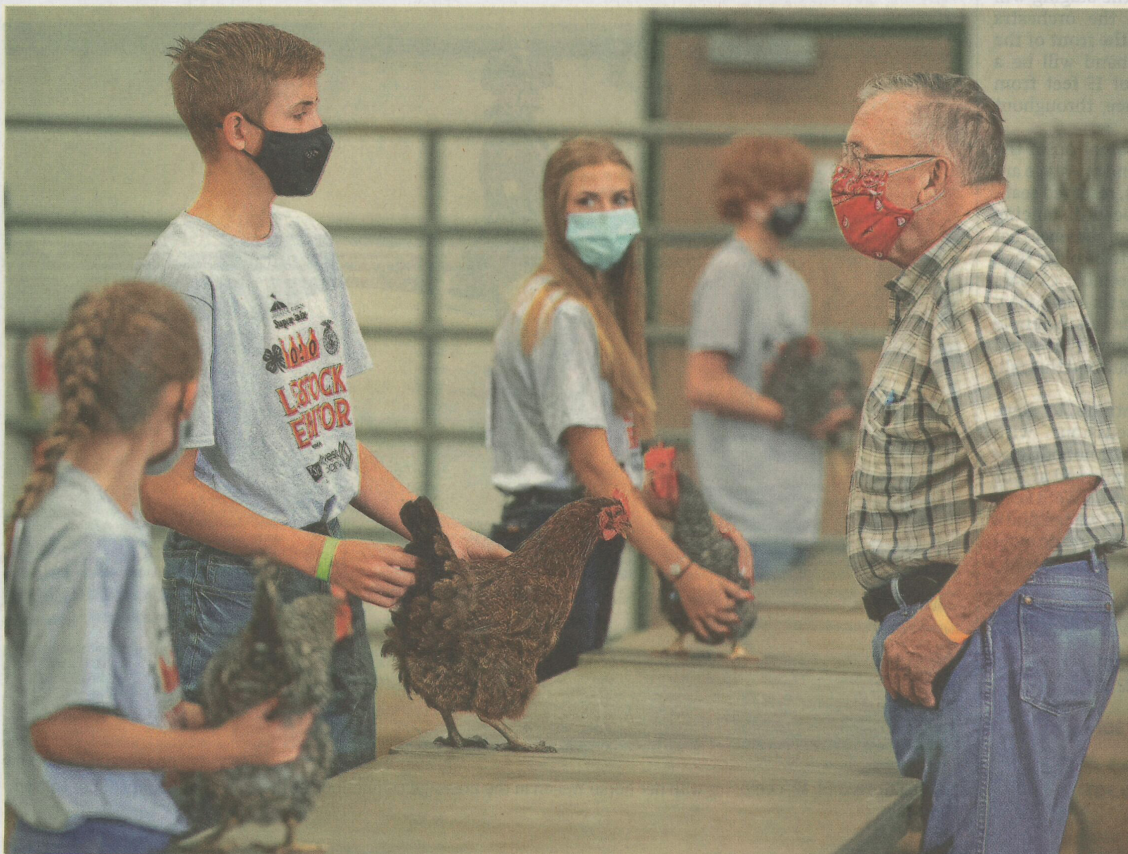
Event center wants tax hike to cover virus expenses. LOCAL, A3



PARTLY CLOUDY 81 • 61 FORECAST, A10

FRIDAY, JULY 31, 2020

journalstar.com



GWYNETH ROBERTS, JOURNAL STAR

Noah Jelinek, 14, with Amazing Treasures 4-H, shows his American Plymouth Rock chicken to judge Tom Brubaker as the Lancaster County Super Fair got underway on Thursday.

Different but fun

Super Fair gives 4-H'ers outlet for skills amid virus adjustments

SOFIA SARIC
Lincoln Journal Star

The Lancaster County Super Fair, regardless of how different it looks this year, gave 11-year-old Vanessa Peterson a purpose during months of not having much to do because of COVID-19.

"This gave me an opportunity to spend time with family and build my skills," said Peterson, who is part of Fusion 4-H'ers. "It makes my grandma happy because she taught me how to sew and all these skills when I was very young, and now I can teach others."

■ **Online:** See more photos from the Lancaster County Super Fair @JournalStar.com.

In past years, Peterson proudly modeled her clothing designs in front of judges.

This year, she filmed her

modeling in a park to submit as part of the blended virtual and in-person fair. But, she still needed to portray the same confidence while performing in a public place where strangers were able to look on.

Please see **SUPER FAIR**, Page A2

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GWYNETH ROBERTS, JOURNAL STAR

Isabella Grosskopf, 12, competes with her horse Wakon in the dressage competition at the Lancaster County Super Fair on Thursday.

Super Fair

From A1

"When you're actually at the fair, there are people there helping you. At home, you have to have more help from your family and friends," she said. "It was a new experience for me."

The in-person portion of the fair also looked much different Thursday, with none of the usual extras, including rides, carnival games, food stands and entertainers. It seemed that there were more animals on the fairgrounds than people.

"One of our goals was to find a way for our 4-H'ers to showcase their hard work," said Tracy Anderson, an extension educator and 4-H youth developer. "They aren't able to do as much, but they have the opportunity to learn and have fun."

4-H is a collective of more than 100 public universities across the nation that assists kids and teens in completing hands-on projects in areas such as agriculture and science.

Nebraskans know how to face adversity, so everyone worked together to make the hybrid fair a possibility,

said Karen Wobig, the unit leader and an extension educator in Lancaster County.

"Some of them work all year on their projects," Wobig said. "To not have this opportunity would really be a letdown."

Youth livestock exhibitors were limited in who could accompany them for the initial competitions on Thursday, and each family was socially distanced as much as possible alongside their poultry cages or goat pens. Judges did not touch the animals, and any prizes awarded cannot be picked up until days after the

Super Fair is completed on Sunday.

Kali Maytum, 16, is showcasing her horse at the fair throughout the weekend alongside other members of Everything Equine. After spending every day in the barn and hundreds of hours with her horse, she is looking forward to exhibiting in 12 events.

"It's definitely different, but it's still fun," Maytum said.

The shows are not open to the public, but events will be livestreamed on the 4HLancasterNE YouTube channel.

NEIGHBORHOOD

SATURDAY, AUGUST 22, 2020 | journalstar.com | SECTION C

EXTRA



Rockin' Riders Club members (from left) Clara Bradbury, Emery Williams and Cadi Wilbeck won numerous horse awards.



Marylynn Rauert of Lincoln and her rabbit Mini Rex won the Best 4 Class and All-Around Showman Reserve Champion awards. She also won the Showmanship Junior Champion award in Poultry.



Jonah and Livi Calcara of Lincoln were the Super Fair's Cat Show champs.

Lancaster County Super Fair 4-H and FFA top awards

Super Fair a blend of virtual and in-person activities

SUBMITTED BY NEBRASKA EXTENSION IN LANCASTER COUNTY

This year's Lancaster County Super Fair focused solely on 4-H and FFA youth participation, which blended virtual and in-person exhibits and events July 30-Aug. 2 at the Lancaster Event Center Fairgrounds.

More than 400 4-H/FFA exhibitors showcased over 2,700 exhibits, including static exhibits, Clover Kids, animals and contest entries.

In planning what 4-H activities at the Super Fair would look like during a pandemic, 4-H staff members asked for input from 4-H parents, members and volunteers. A total of 305 people completed the survey. Based on this input and the fact that many key 4-H volunteers and superintendents are older adults considered at increased risk for COVID-19, static exhibits and many contests were changed from in-person to a virtual format.

Livestock and horse shows took place in person with many modifications to accommodate health guidelines. These included using a show-and-go format, daily health checks, wristbanding exhibitors and limiting the number of wristbands per day for exhibitors' family members.

The public can watch archived livestreams and see other on-line public showcases such as online media slideshows and Fashion Show Cyber Runway Show video and photos. All of these are linked at lanaster.unl.edu/4h/publicshowcases and SuperFair.org.

TOP STATIC EXHIBITS

GENERAL AREAS

Poster: Kylie Hansen, Lincoln; Quilt: Ch. Elana Babcock, Waverly; Quilt Res: Ch. Abigail Kreifels, Lincoln.

SCIENCE, ENGINEERING & TECHNOLOGY

Rocketry: Adam Gabel, Lincoln; Woodworking: Jacob Bauman, Lincoln; Safety: Daria Knezevic, Lincoln; Engineering: Ethan Gabel, Lincoln.

FOOD & NUTRITION

Yeast Product: Clara Johnson, Walton; Quick Bread: Kamryn Wanser, Lincoln; Food Preservation: Morgan Gabel, Lincoln; Cake or Pie: Ella Hendricksen, Lincoln; Cookie: Reagan Tonkin, Lincoln.

HUMAN DEVELOPMENT

Human Development: Clara Bauman, Lincoln.

HOME ENVIRONMENT

Top: Toby Becker, Lincoln; Josie Lahm, Ceresco; Macelyn Kreifels, Lincoln.

HERITAGE

Heritage: Clara Johnson, Lincoln.

PHOTOGRAPHY

Level 1: Emily Bauman, Lincoln; Level 2: Keren Carlson, Pleasant Dale; Level 3: Riley Peterson, Lincoln; Theme Print: John Sump, Lincoln.

CLOTHING

STEAM 1 Clothing: Monica Bauman, Lincoln; STEAM 1 Pillow: Grace Metzger, Lincoln; STEAM 2 Clothing: Vanessa Peterson, Lincoln; STEAM 3 Clothing:



Alexa Smith of Lincoln won Top Dog Static Exhibit and Birthday Junior Table Setting awards.



John Sump of Lincoln won the top Favorite Photo award.

Elana Babcock, Waverly; Beyond the Needle: Hayley Marshall, Lincoln; Accessory: Brianna Pittman, Martell; Fiber Arts-Crocheting: Clara Bauman, Lincoln; Fiber Arts-Knitting: Madelyn Kreifels, Lincoln; Shopping in Style: Elise Schwinck, Lincoln.

HORTICULTURE

Vegetable: Evan Mittan-DeBuhr, Lincoln; Herb: Kylie Hansen, Lincoln; Annual Flower: Evan Mittan-DeBuhr, Lincoln; Perennial Flower: Ella Hendricksen, Lincoln; Rose: Laurel Frogge, Lincoln; Specimen Plant: Andrew Frain, Lincoln.

CONSERVATION & WILDLIFE AND FORESTRY

Conservation and Wildlife: Ella Hendricksen, Lincoln; Forestry: Catherine Polk, Lincoln.

TOP CONTEST EXHIBITS

LIFE CHALLENGE

Sr Ch: Lilee Chevalier, Bennet; Sr Res Ch: Melanie Wiggins, Lincoln; Jr Ch: Emily Bauman, Lincoln; Jr Res Ch: Evan Mittan-DeBuhr, Lincoln.

PRESENTATIONS

Premier Presenter: Kylie Hansen, Lincoln; Sr Ch: Kylie Hansen, Lincoln; Sr Res Ch: Clara Bauman, Lincoln; Int Ch: Emily Bauman, Lincoln; Int Res Ch: Mary Kate Ingracia, Lincoln; Jr Ch: Parker Hansen, Lincoln; Jr Res Ch: Monica Bauman, Lincoln; Special Topic: Kamryn Wanser, Lincoln; Film Fest (Digital Video): Clara Bauman, Lincoln.

FASHION SHOW

Top 5 Ch: Elana Babcock, Waverly; Top 5 Res Ch: Clara Bauman, Lincoln; Top 5: Clara Johnson, Walton; Top 5: Madelyn Kreifels, Lincoln; Top 5: Mindy

Bartels, Lincoln; Shopping in Style: Clara Johnson, Walton; Beyond the Needle: Clara Johnson, Walton; Make One/Buy One Level 1: Monica Bauman, Lincoln; Make One/Buy One Levels 2 & 3: Abigail Kreifels, Lincoln; Clothing Level 1 (Complete Outfit): Kamryn Wanser, Lincoln; Upcycled Garment: Emily Bauman, Lincoln; Apron: Kaylee Boysen, Lincoln; Garment(s) Made for Others: Clara Bauman, Lincoln; Attention Shoppers: Dayton Jois, Lincoln; Attention Shoppers: Monica Bauman, Lincoln.

PLANT SCIENCE

Horticulture: Kaily Wesely, Lincoln; Tree Identification: Claire Polk, Lincoln; Picnic: Abby Kruse, Lincoln; Picnic Jr: Sydney Kruse, Lincoln; Casual Sr: Kaylie Waite, Lincoln; Casual Jr: Kathryn Weaver, Lincoln; Formal Sr: Corianna Kubicek, Ceresco; 5th Place: Clara Bauman, Lincoln; Birthday Jr: Alexa Smith, Lincoln.

TABLE SETTING

1st Place: Sarah Dilley, Lincoln; 2nd Place: Madysen Cox, Bennet; 3rd Place: Brett Heinrich, Hickman; 4th Place: Corianna Kubicek, Ceresco; 5th Place: Heather Lange, Raymond.

TOP ANIMAL EXHIBITS

ELITE SHOWMANSHIP

1st Place: Sarah Dilley, Lincoln; 2nd Place: Madysen Cox, Bennet; 3rd Place: Brett Heinrich, Hickman; Market Swine Res Ch: Grace Fahleson, Lincoln; Breeding Gilt Res Ch: Ellie Volk, Lincoln; Breeding Gilt Res Ch: Josie Johnson, Walton; Pen of Three Ch: John Sump, Lincoln; Pen of Three Res Ch: Clara Johnson, Walton.

BEEF

Showmanship Supreme Ch: Madysen Cox, Bennet; Showmanship Jr Ch: Clara Johnson, Walton; Showmanship Jr Res Ch: Josie Johnson, Walton; Breeding Heifer Supreme Ch: Kysan



Hayley Marshall of Lincoln won the top award for Beyond the Needle.



Madelyn Kreifels of Lincoln won top Static Home Environment, Fiber Arts Knitting and Fashion Show awards.

Gana, Martell; Breeding Heifer Supreme Res Ch: Allison Walbrecht, Lincoln; Feeder Calf Supreme Ch: Madysen Cox, Bennet; Feeder Calf Supreme Res Ch: Kaelin Kuebler, Roca; Market Animal Supreme Ch: Brett Heinrich, Hickman; Market Heifer Grand Ch: Brett Heinrich, Hickman; Market Heifer Res Grand Ch: Blake Mueller, Lincoln; Market Steer Grand Ch: Brett Heinrich, Hickman; Market Steer Res Grand Ch: Clara Johnson, Walton; Lancaster Born and Raised-Breeding Ch: Emberlin Johnson, Palmyra; Lancaster Born and Raised-Market Ch: Blake Mueller, Lincoln.

BUCKET CALF

Int Ch: Koller Wellman, Waverly; Int Res Ch: Khloe Cuttlers, Raymond; Jr Ch: Kyler Plueger, Lincoln; Jr Res Ch: Kayla Isaacs, Lincoln.

SHEEP

Showmanship Sr Ch: Sarah Dilley, Lincoln; Showmanship Jr Res Ch: Catherine Hytsek, Cortland; Showmanship Int Ch: Auren Burke, Lincoln; Showmanship Int Res Ch: Chase McInteer, Lincoln; Showmanship Jr Ch: Josie Johnson, Walton; Showmanship Jr Res Ch: Ian Lorenson, Adams; Market Lamb Grand Ch: Cole Cooper, Elmwood; Market Lamb Res Grand Ch: Michael Locke, Walton; Lancaster Born and Raised Market Lamb Ch: Auren Burke, Lincoln; Lancaster Born and Raised Market Lamb Res Ch: Chase McInteer, Lincoln; Breeding Ewe Supreme Ch: Sarah Dilley, Lincoln.

SWINE

Showmanship Sr Ch: Brett Heinrich, Hickman; Showmanship Int Ch: Ellie Volk, Lincoln; Showmanship Jr Ch: Josie Johnson, Walton; Market Swine Grand Ch: Brett Heinrich, Hickman; Market Swine Res Ch: Grace Fahleson, Lincoln; Breeding Gilt Ch: Ellie Volk, Lincoln; Breeding Gilt Res Ch: Josie Johnson, Walton; Pen of Three Ch: John Sump, Lincoln; Pen of Three Res Ch: Clara Johnson, Walton.

DAIRY GOAT

Additional horse awards will be announced at 4-H Horse Awards Night.

Kubicek, Ceresco; Supreme Ch: Corianna Kubicek, Ceresco; Res Supreme Ch: Corianna Kubicek, Ceresco.

MEAT GOAT

Showmanship Sr Ch: Sarah Dilley, Lincoln; Showmanship Sr Res Ch: Heather Lange, Raymond; Showmanship Jr Ch: Khloe Cuttlers, Raymond; Showmanship Jr Res Ch: Afton Byelick, Blair; Market Goat Overall Grand Ch: Sarah Dilley, Lincoln; Market Goat Overall Res Grand Ch: Sarah Dilley, Lincoln; Breeding Goat Overall Ch: Sarah Dilley, Lincoln; Breeding Goat Overall Res Ch: Sarah Dilley, Lincoln; Lancaster Born & Raised Ch: Clara Johnson, Walton.

LLAMA/ALPACA

Showmanship Int Ch: Emily Rhodes, Tobias; Showmanship Jr Ch: Molly Rhodes, Tobias.

RABBIT

All-Around Showman Award Ch: Rhianna Metcalf, Lincoln; All-Around Showman Award Res Ch: Marylynn Rauert, Lincoln; Showmanship Sr Ch: Rhianna Metcalf, Lincoln; Showmanship Int Ch: Hannah Thompson, Palmyra; Showmanship Jr Ch: Marylynn Rauert, Lincoln; Best 4 Class Ch: Holly Bowen, Lincoln; Best 4 Class Ch: Marylynn Rauert, Lincoln; Judging Contest Sr Ch: Rhianna Metcalf, Lincoln; Judging Contest Int Ch: Hannah Thompson, Palmyra; Judging Contest Jr Ch: Lawrence Rauert, Lincoln; Breed Identification Contest Sr Ch: Rhianna Metcalf, Lincoln; Breed Identification Contest Int Ch: Mackenzie Cordes, Waverly; Breed Identification Contest Jr Ch: Mary Brooks, Hickman.

HOUSEHOLD PETS

Best Guinea Pig: Rachel Koch, Lincoln; Best Gecko: Leah Christline, Lincoln; Best Fish: Kamryn Wanser, Lincoln; Best Bird: Joseph Donlan, Lincoln.

POULTRY

Showmanship Sr Ch: Sarah Lange, Raymond; Showmanship Jr Ch: Marylynn Rauert, Lincoln; Best of 4-H Poultry Show: Sierra Wilson, Lincoln; Large Fowl Grand Ch: Zachary Pittman, Martell; Water Fowl Grand Ch: Zachary Pittman, Martell; Bantam Grand Ch: Neah Jelinek, Waverly.

DOG

Static Exhibit: Alexa Smith, Lincoln; Skill-A-Thon Junior: Kamryn Wanser, Lincoln; Skill-A-Thon-Senior: Emmi Dearmont, Hickman.

CAT

Overall Best Cat in Show: Jonah Calcara, Lincoln; Showmanship-Intermediate Ch: Livi Calcara, Lincoln; Showmanship-Junior Ch: Jonah Calcara, Lincoln.

TOP HORSE EXHIBITS

English (Hunt Seat) Equitation Sr Ch: Cadi Wilbeck, Lincoln; English (Hunt Seat) Equitation Jr Ch: Harper Rosenstiel, Lincoln; English (Hunt Seat) Equitation Novice Ch: Claire Tucker, Lincoln; English (Hunt Seat) Equitation Elem Ch: Hope Baumer, Dodge; English (Hunt Seat) Equitation Walk/Trot Ch: Emery Williams, Lincoln; English Discipline Rail Sr Ch: Clara Bradbury, Lincoln; English Discipline Rail Jr Ch: Sylvia Frisbie, Ashland; Reining Jr Ch: Clara Bradbury, Lincoln; Reining Elem Ch: Chase McInteer, Lincoln; Reining Elem Ch: Tanner McInteer, Lincoln; Trail Sr Ch: Clara Bradbury, Lincoln; Trail Jr Ch: Josie Johnson, Walton; Trail Elem Ch: Josie Johnson, Walton; Miniature Showmanship Elem Ch: Clara Eppenbach, Lincoln; Western Horsemanship Sr Ch: Sidney Froistad, Lincoln; Western Horsemanship Jr Ch: Chase McInteer, Lincoln; Western Horsemanship Novice Ch: Savannah Wubbers, Hickman; Western Horsemanship Elem Ch: Hope Baumer, Dodge; Western Horsemanship Walk/Trot Ch: Emery Williams, Lincoln; Western Discipline Rail Sr Ch: Cadi Wilbeck, Lincoln; Western Discipline Rail Jr Ch: Chase McInteer, Lincoln; Groom and Care Ch: Kiara Eppenbach, Lincoln. Additional horse awards will be announced at 4-H Horse Awards Night.

Learn how to join 4-H at Information Night

Lancaster County families are invited to discover the 4-H youth development program at 4-H Information Night on Tuesday, Oct. 6, from 6-7:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road.

Find out how youth ages 5-18 can join 4-H. Adults can help youth grow by volunteering with 4-H.

To accommodate social distancing, Information Night will be an open house format and a blend of indoors/outdoors. Arrive no later than 7 p.m. Rain date is Wednesday, Oct. 7. Please call 402-441-7180 or check lancaster.unl.edu/4h on day of the event to confirm it will take place as planned.

Current directed health measures will be followed, including a health screening check-in and wearing face coverings.

Staff members will present an overview of 4-H, and several 4-H members will share their projects,

including science, technology, engineering and mathematics (STEM), and design exhibits, dogs, rabbits, piglets and llamas. There also will be door prizes. This event is part of National 4-H Week, Oct. 4-10.

You do not need to attend Information Night to get involved with 4-H — fill out the interest form at lancaster.unl.edu/4h/interestform or call 402-441-7180.

4-H is America's largest youth development organization — empowering nearly 6 million young people across the U.S. with the skills to lead for a lifetime. Research shows the structured learning, encouragement and adult mentoring that youth receive through 4-H helps them achieve future life successes (read the "4-H Study of Positive Youth Development" at 4-h.org/about/research).

In Nebraska, 4-H is part of Nebraska Extension and is open to all youth ages 5-18. There are

no fees to join 4-H in Lancaster County. 4-H youth can choose from over 150 different hands-on projects to learn, such as rocketry, woodworking, food and nutrition, horticulture, photography, clothing, child development, entrepreneurship, livestock, horse, dog, rabbit and poultry. 4-H curriculum is research-based. Many youth choose to showcase their projects at the county and state fairs.

In Lancaster County, there are four ways to get involved:

- Help form a new 4-H club;
- Join an existing 4-H club;
- Be an independent member;
- Participate in 4-H activities such as camps.

Families are encouraged to help organize a new club — which is a lot easier than you may think. Local 4-H staff members provide guidance and resources to club leaders. In most clubs, members learn several projects a year. Some 4-H clubs focus on one



COURTESY PHOTO

4-H Information Night is coming up Tuesday, Oct. 6, from 6-7:30 p.m. at the Lancaster Extension Education Center, 444 Cherry Creek Road.

project, such as rabbits.

4-H has many resources youth can use at home. This year, Lancaster County 4-H compiled a list

of 4-H resources and activities at lancaster.unl.edu/4Hathome. Youth do not need to be enrolled in 4-H to use these resources.

Pracheil receives Heart of 4-H Award

Lancaster County 4-H has named Tracy Pracheil of Lincoln as winner of the "Heart of 4-H Award" in recognition of outstanding volunteer service.

Tracy has volunteered with Lancaster County 4-H for eight years. She started as a parent volunteer with the Clover Kids 4-H club and now leads the Little Green Giants club. She has also helped staff shifts at the 4-H food stand at the Lancaster County Super Fair.

Previously, Tracy volunteered with 4-H in Seward County and as a member of the Collegiate 4-H club at the University of Nebraska-Lincoln.

"I enjoy helping young people prepare for their future," Pracheil says. "4-H provides opportunities for youth to gain new skills and meet new people. The members in the Little Green Giants all attend different schools across Lincoln — so the club's projects and activities provide them a way to learn new things with new friends. I love seeing club members give informal presentations



COURTESY PHOTO

Tracy Pracheil

about something they really enjoy during club meetings. It's a great way to learn more about them and to see who else in the club shares their interests."

Pracheil also helps support Lancaster County 4-H through her job at the State 4-H Office as an extension educator focusing on multimedia learning.

Girl Scouts provide virtual programs for girls, troops

With social-distancing practices in place, Girl Scouts Spirit of Nebraska is hosting a variety of open houses, drive-through registrations and virtual parties to introduce girls and their families to its leadership development program — for free.

During the coronavirus pandemic, girls are facing challenges such as school closures, online education and isolation. Girl Scouts provides a safe place for girls to build courage, confidence and character, and to make the world a better place by discovering their strengths, passions and talents.

Girl Scout virtual open houses are offered every Thursday at 7 p.m. via Zoom. Parents can discover the skills girls learn, the ways they can participate and the benefits of being a Girl Scout. Staff members will answer questions.

Girls who register at drive-through events will receive a

free activity kit and box of Girl Scout cookies. All ages are welcome. Membership is \$25 per year. Financial assistance is available.

Virtual Girl Scout troop/group meetings are also available for members and any girls interested in joining:

■ **Daisies (grades K-1)** meet every other Monday at 7 p.m. starting Oct. 5.

■ **Brownies (grades 2-3)** meet every other Tuesday at 7 p.m. starting Oct. 6.

■ **Juniors (grades 4-5)** meet every other Monday at 7 p.m. starting Oct. 5.

■ **Cadettes, Seniors or Ambassadors (grades 6-12)** meet every other Wednesday at 7 p.m. starting Oct. 7.

More free Girl Scouting events can be found at girlscouts.org or on Eventbrite. To volunteer, reconnect, donate or join, visit GirlScoutsNebraska.org or call 800-695-6690.



COVID-19

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Nebraska native, alum marks 30 years of horticulture, outreach



Mary Jane Frogge (left) plants a native species with 4-H youth at the Cherry Creek Pollinator Habitat in Lincoln.

October 20, 2020

Lincoln, Neb. —Mary Jane Frogge may not have pictured herself as a future University of Nebraska-Lincoln employee, but she began as the picture of a future Husker student.

Grew up on a farm near Ashland that raised purebred swine. Spent her youth in 4-H and FFA. Had friends who were enrolling at Nebraska.

“I knew that’s where I wanted to go,” she said. “I really wasn’t interested in going anywhere else.

“I wanted to be a forest ranger. But when I got to the university, my adviser, who was a forester, said, ‘Oh, there are too many forest rangers (already).’ And when you’re a kid, you just go, ‘All right, well, new plan.’”

Frogge took a year to reassess. If forestry wasn’t to be, well, she still wanted to work with plants. She eventually turned to horticulture, earning her bachelor’s in 1988. As certain as she’d been of attending Nebraska, though, she was equally certain that she wanted to see what lay beyond its borders.

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Extension answers six common questions about composting

VOICE NEWS REGION – Leaves are falling and gardeners will soon have an abundance of organic matter. Why not put these materials to good use this fall and start a home compost pile? Composting is easier than you think and the finished compost is an excellent soil amendment to improve the growth and health of your garden or landscape plants.

Here are six quick answers to common composting questions, to help you get your compost pile off to a good start.

My compost doesn't break down. What am I doing wrong? Your materials are probably too dry. Microorganisms in the compost pile require nitrogen, phosphorus, potassium, oxygen and water to live, grow and reproduce, transforming your garden waste into compost. Nitrogen, phosphorus and potassium are supplied through the materials you add to the pile.

Water should be added to the pile during construction and each time it is turned. Ideally the pile is moist but not soggy, releasing one or two drops of water when a handful of compost materials are squeezed. Since we haven't received any rain lately, add water to existing compost piles to keep the microorganisms happily working away.

Compost piles also need turning every two or three weeks to maintain a good oxygen supply and ensure the fastest decomposition.

Can coffee grounds be composted? Yes, coffee grounds are a high nitrogen material, with a 20:1 carbon:nitrogen ratio. Some gardeners think coffee grounds will make their compost and soil too acidic, but this is not true. The pH of decomposing coffee grounds is not constant and can range from slightly acidic to mildly alkaline. However, ideally your compost pile should not consist of more than 20% coffee grounds. Having a diverse group of materials as a food source for decomposing microorganisms is a better strategy.

Can eggshells be composted? Yes, eggshells will break down in the compost pile, but they do not contribute either large amounts of nitrogen or carbon to the finished compost. Eggshells are primarily made of calcium.



Typically Nebraska soils already have good levels of calcium, but adding your eggshells to the compost pile is still fine. Some gardeners may be concerned about the possibility of salmonella bacteria contaminating their compost pile or garden from eggshells. Hot composting, where the materials in the pile reach 140-160 F degrees, will kill salmonella bacteria.

Can I put wood ashes in my compost pile? Wood ash is approximately 25% calcium carbonate, a common liming product, which is highly soluble in water. This means adding large amounts of wood ash can quickly raise the pH balance of your compost pile, out of the optimum range, and cause a decline in microbial activity. Use wood ash sparingly in the compost pile, particularly since most soils in eastern Nebraska already have a higher pH level. Compost microorganisms function best in a neutral to

acidic soil pH range of 5.5 to 8.

Are compost additives, inoculants or activators a good idea? Compost additives are made up of dormant soil microorganisms, but although microorganisms are essential for breaking down your organic materials you don't need to buy them. There are high populations of microorganisms in native soil and finished compost, as well as on food scraps, tree leaves, grass clippings, etc. There's no need for you to purchase them.

When using the layering technique of building a compost pile, a 1-inch layer of soil or finished compost is mixed with layers of high carbon and high nitrogen materials. This provides all the microorganisms a compost pile needs for materials to break down well. For more specifics on creating a compost pile using the layering technique, refer to Garden Compost, Nebraska Extension,



Photos from Pixabay

Left: Finished compost looks like rich, black soil. Above: Composting is simple, making use of yard waste like grass clippings and tree leaves. Finished compost is a great soil amendment for gardens and landscape beds.

<https://go.unl.edu/gardencompost>.

How can you tell when the compost is finished? Finished compost is dark brown, crumbly and earthy-smelling. There will not be any recognizable pieces of the original materials and the pile will not heat up any longer when remixed.

GRO Big Red Compost Program

Earlier this fall Extension Educator Kelly Feehan presented a program

on composting as part of the Extension's GRO Big Red virtual program series. She discusses starting and managing a compost pile, and how to use the compost in your garden. View the program recording at <https://go.unl.edu/grobigreredcompost>.

For more information on composting: Garden Compost, Nebraska Extension, <https://go.unl.edu/gardencompost>

Nebraska Extension receives \$1M to expand fresh produce access

CARA PESEK,
UNL Institute of Agriculture and Natural Resources

Since 2018, Open Harvest, a co-operative grocery store in Lincoln, has worked with Nebraska Extension to make it easier for SNAP recipients to buy fresh produce.

Open Harvest is one of three grocery stores and seven farmers markets in Nebraska that participate in extension's Double Up Food Bucks program, which allows SNAP customers — those participating in the U.S. Department of Agriculture's Supplemental Nutrition Assistance Program — to stretch their benefits. SNAP customers can earn up to \$20 in additional benefits when they use SNAP to purchase fresh fruits and vegetables.

This is a big benefit to SNAP recipients, who may otherwise forgo fresh produce for more economical, less nutritious options, said Open Harvest general manager Amy Tabor. But the impact of the program extends beyond those who receive SNAP benefits, she said. It benefits the local farmers who sell their produce at Open Harvest, too.

"Last fiscal year, we saw a small increase in our local produce sales, which is wonderful considering the disruption of COVID-19 on our overall shopping patterns," Tabor said. "When we sell more produce, we buy more produce from these local farmers, which keeps the money circulating in our local food system."

Now, a new \$1 million, three-year grant will allow Nebraska Extension to expand the program to more grocery stores and farmers markets across the state, said Vanessa Wielenga, an assistant extension educator with Nebraska Extension and coordinator of the state's Double Up Food Bucks program.

Extension's partner, the Nebraska Community Foundation, will serve as the grant recipient and caretaker of the funds. The USDA's Gus Schumacher Nutrition Incentives Program awarded \$500,000 to the foundation to expand the program. Children's Hospital, CHI Health, the foundation and



COURTESY PHOTO BY GREGORY NATHAN/UNIVERSITY COMMUNICATION

A vendor sells produce at the Fallbrook Farmers Market in northwest Lincoln on July 23. A new \$1 million, three-year grant will allow Nebraska Extension to expand the Double Up Food Bucks program to more grocery stores and farmers markets across the state.

the university pitched in to match the USDA's \$500,000, bringing the grant total to \$1 million.

Currently, the program operates on a budget of about \$70,000 a year. With the new funding, extension will be able to expand the program into rural communities, and after the three years, the program will be in more than twice as many grocery stores and farmers markets as it is now, Wielenga said. She hopes to add more locally owned grocery stores and farmers markets that serve the most vulnerable Nebraskans.

"Similar to metro communities, there is a significant number of rural Nebraskans who lack access to fresh produce," said Jeff Yost, Nebraska Community Foundation president and CEO. "Our hope is that the expansion of this program will benefit not only Greater Nebraskans, but also local growers and local small businesses. This program has the potential to help the local food movement already happening in many of our Greater Nebraska communities become more inclusive to all."

Fresh produce is the most perishable product on a grocery store shelf, Wielenga said. That makes programs such as Double Up Food Bucks that incentivize the purchase of fruits and vegetables — which are more likely to end up going to waste — just as valuable for grocery stores as for the consumers who gain better access to nutritious foods.

"This program has a huge benefit to local economies and to local, healthy food access," she said.

In the United States, one in 10 households struggles with food insecurity, meaning that more than 100 million low-income Americans cannot afford or have trouble affording nutritious food, according to the USDA. The Gus Schumacher Nutrition Incentives Program — formerly known as the Food Insecurity Nutrition Incentives program — is one of several USDA programs working to bridge this gap.

The program is authorized through the Farm Bill and provides grants on a competitive basis to projects that help low-income communities purchase fresh fruits and vegetables directly from farmers.

Building connections between farmers and consumers is one of the most rewarding parts of the program, said Lori Allison, who coordinates the Double Up Food Bucks program at Open Harvest.

"This program gives folks more choices on where and how to get healthy fruits and veggies on their plates," she said. "It goes back to drawing those connections between the individual consumers, local producers, farmers market and local retailers."

For more information on Nebraska's Double Up Food Bucks program, visit <https://food.unl.edu/DoubleUp>.

MEALS ON WHEELS

Tabitha Meals on Wheels are delivered to people who cannot prepare their own meals for health-related reasons. The basic menu, listed below, includes bread, margarine and milk. To order meals, get more information or volunteer, call 402-486-8589, or call 402-484-9669 for a prerecorded message on menus and program updates.

Monday — Savory chicken breast, rice pilaf, vegetable medley, fruit cocktail, oatmeal cream pie package, wheat bread and vegetarian maple chicken.

Tuesday — Breaded fish filet with tartar sauce, baked potato, vegetable blend, chilled peaches, double chocolate chip cookie, wheat bread and broccoli noodle casserole.

Wednesday — Pork fritter with gravy, roasted red potatoes, mixed vegetables,

fresh banana, sugar cookie, wheat bread and vegetarian chicken nuggets.

Thursday — Mom's chicken, fluffy rice, peas and carrots, pineapple tidbits, carrot cake, wheat bread and vegetarian Mom's chicken.

Friday — Roast beef, mashed potatoes with gravy, Harvard beets, tossed salad with ranch dressing, diced pears, wheat roll and vegetarian meatballs with gravy.

Saturday — Meatloaf with gravy, garlic mashed potatoes, bean mix, mixed fruit, granola bar package, wheat roll and vegetarian burger loaf.

Sunday — Maple glazed ham, whipped sweet potatoes, green peas, applesauce, brownie package, wheat bread and barbecue tofu.

SENIOR MENUS

Aging Partners Senior Centers are temporarily closed due to COVID-19. Senior Center meals are being home-delivered at this time.

Standard

Monday — Ham slice, sweet potatoes, mushroom salad, roll and melon chunks. The low-sodium alternative is a hamburger patty.

Tuesday — Sliced roast beef, mashed potatoes, green beans, raisin bread and fresh fruit.

Wednesday — Chicken salad on a bun,

potato soup, crackers, baby carrots and berry cup.

Thursday — Beef tips, tri-cut potatoes, Antiqua vegetables, whole wheat roll and cherries.

Friday — Cheesy chicken and rice casserole, broccoli, bread and pineapple.

Saturday — Corn dog, spinach salad, chips and orange. The low-sodium alternative is a hamburger patty.

(Saturday meals will be delivered with the Friday meals.)

BOWLING SCORES

SUBMITTED BY PAUL PORTSCHE
for Neighborhood Extra

HOLLYWOOD BOWL

Men—Steve Kirk 279 (2), 813; Brandon Kaup 279, 784; Tim Hagener 279, 774; Jim Jackson 298, 753; Pat Dority 748; Earl Kaup 735; Jerry Schilke 289, 731; Tyler Steenson 730; Brad Moorberg 300; Adam Kreatez 299; Matthew Brauch 289; Trey Kolbo 279; Brian Wilson 278; Jason Thompson 277; Jeff Frerichs 276.

Women—April Dunkle 226, 640; Brooklyne Smart 237, 245, 244, 246, 580, 585, 658; Hali Punteney 613, 624.

Senior Men—No scores reported.

Senior Women—No scores reported.

Youth—No scores reported.

PARKWAY LANES

Men—Matt Dohmen 300, 801; Tim Hagener 290 (2), 801; Justin Brunken 755; Mark Miller 744; Tyler Steenson 300, 738; Matt Coatman 738; Pat Dority 731, 733; Adam Barrickman 289.

Women—Kelli Roach 231, 246, 257, 279, 690, 719; Kelsey Dunkle 227, 234, 236, 237, 611, 623, 663, 673; Lisa Thiessen 236, 594; Stacey Duey 581, 594; Deb Kendle 225, 255, 592; Renee Greunke 245; Amber Nieman 236; Chloe Welling 227; Crystal Johnson 225.

Senior Men—Larry Roach 279; Jerry Christil 242.

Senior Women—Lois Leapaldt 209; Jackie Maaske 190.

Youth—Cole Schilke 606; Mindy Bartels 214, 574.

Sun Valley Lanes

Men—John Jarvis 272, 279, 784; Kevin Welch 300, 775; Cameron Jurasik 279, 768; Ben Broxterman 277, 758; Richard Blue V 279, 748; Tony Lehl 279, 746; Chad Rosenau 740; Stephen Amory 278, 737; Dave Eilers 731; Scott Foreman 726; Andrew Kathe 726; Mark Porter 299; Aaron Kemper 286; Steve Addleman 279; Bobby Brewer 279; Derek Dand 278; Caleb Thiessen 277.

Women—Alysa Smith 232, 597, 633; Shannon Cornell 236, 588; Ryanna Davis 588.

Senior Men—No scores reported.

Senior Women—No scores reported.

Youth—Jacob Rohn 266, 690; Renee Gausman 201, 574.